



The Retreat: Mind & Body Instructor

Position Summary: The Mind & Body Instructor is responsible for leading a variety of mind-wellness classes, including sound baths and meditation, at The Retreat. This role requires a passionate individual with expertise in their field who is dedicated to providing a high-quality, welcoming, and safe experience for our community. The instructor will report to the Well-Being Coordinator and the Assistant Director of Fitness and Wellness.

Key Responsibilities:

- Design and lead engaging and progressive class routines for large groups, ensuring a creative and safe experience for all participants.
- Classes may include, but are not limited to, Sound Baths, Meditation, and other wellness classes.
- Demonstrate a working knowledge of all equipment necessary for the classes you instruct.
- Create a motivating and encouraging atmosphere, inspiring participants to achieve their wellness goals.
- Select and manage music that complements the class format and overall atmosphere.
- Maintain professionalism in all interactions with students, staff, and faculty, upholding the values of The Retreat.
- Adhere to the dress code, including a staff shirt, approved athletic bottoms, and athletic footwear.
- Actively participate in professional development through in-house training and external opportunities to stay current with wellness trends.
- Perform other related duties as assigned.

Qualifications:

- **Education & Certification:**
 - Must be a current student enrolled in a minimum of six (6) units at California State University, San Bernardino, maintaining a quarterly and cumulative G.P.A. above 2.0. (Opportunities are also available for non-student instructors).
 - Possession of a current certification in CPR, AED, and First Aid is required.
 - A certification from a nationally recognized organization is required and must be relevant to the class(es) being taught.

- **Experience & Skills:**

- Demonstrated expertise in current wellness trends and a variety of mind-body class formats.
- Ability to create a class atmosphere with appropriate music, rhythm, and beats.
- Excellent communication skills and the ability to work effectively with a diverse team of students, staff, and faculty.
- A minimum of one year of experience teaching a related wellness class is preferred.

Compensation: \$18 / hour