**Mission**

To bring together breath work + body movement + behavior change procedures to create a more positive, present and purposeful flow of, and engagement with - life. Not just for the students, but for anyone working in alignment with LLBeWell. May we extend what we have learned from our practice far beyond the walls of a traditional studio. May we be surrounded by light and protected as we enter into new environments, introducing teachings of the brain and body connection with the intention of creating a space for our students to connect and engage with the flow of their life. May we leave those we teach with elevated emotions such as empowered, resilient, peaceful, open and connected.

**Position: Yoga Teacher**

**Type: Independent Contractor**

As a yoga teacher at LLBeWell, you are responsible for teaching classes in accordance with a high level of ethics, alignment, precision, creativity and presence. This person must have a basic working knowledge of yoga philosophy, anatomy, and classroom management experience. The ideal candidate will be communicative, consistent, reliable and grounded with the ability to connect with his/her students needs.

**Expectations**

Present + Positive

* Walk the talk. You fell in love with yoga enough to teach the asana practice, yet the code of the yogi runs deeper than the physical body. Remember to be truthful, present and operate with integrity. Always pursue your passions and know that your growth is supported here at LLBeWell. Let your light shine and provide guidance to others. Your positive and present behavior is important.
* Show up on time
* End on time

Purposeful

* Have intentional music/playlist prepared
* Teach a safe and anatomically sound sequence
* Have liability insurance
* Have over 1-year teaching experience

Powerful

* When we stand in our power, we not only demonstrate to others it is safe for them to be in their power – but we more easily hear what is being said without taking things personally. At LLBeWell it is asked that you be open to feedback to support your growth.
* Communicate honestly what is on your heart and mind with Lauren when you feel any ill-serving emotions regarding your work at LLBeWell. Going into different environments can challenge our preconceived notions about yoga and working in environments where there is a high level of stress and trauma can trigger us. You are supported as you embark into these areas and I only want to evolve with you. I cannot do that if I do not know what’s going on and while I would love to be able to – I’m not (yet) a mind reader.
* Greet your students; be there, with them – in their moment - use their names.
* Take care of provided materials. Practice saucha in the environment; neatly organize class equipment. This truly impacts the flow of energy. Discard litter. Report any damaged or malfunctioning equipment immediately.

**What if I’m going to be late?**

Things happen, dude! At LLBeWell we **emphasize proactive communication**. There’s nothing to be ashamed or worried or guilty about and the universal flow goes the way of ease when communication pathways are open and sincere.

*Action*: Always, always, always text Lauren if you are going to be late! Even if it is five minutes late. If you are given contact information at the location you are serving, you are to call them to let them know if you’re running late.

**What if I need a sub?**

Lauren will connect you with other teachers to sub. If, after trying them you are unable to find a substitute, let Lauren know. She will then either sub or cancel the class.

If you try to find a sub within 12 hours of your class, it is deemed *last minute*. Please keep last minute subbing to a minimum (once per month, maximum). At LLBeWell, we believe in the power of positive behavior. Constant reliable teaching of your class not only fosters a community of your students and trust of them on you, but it is also reinforced by a behavior system.

* 10 classes in a row, no substitutes = bonus
* 25 classes in a row, no substitutes = bonus
* 75 classes in a row, no substitutes = bonus

**Trainings + Continued Growth**

Your exploration of the path of yoga, therapies, and breath work may include having a desire to dig deeper. The passion to learn more is reinforced at LLBeWell and you may be eligible to be compensated for some or all of your attended trainings, providing you bring the information back to your students and team at LLBeWell. Together, we grow. Please continue to find ways to stay inspired and let us know if you are feeling stale – at all – or burnt out. Your self-care is necessary and we support you taking steps you need to in order to stay balanced. As always, just communicate about it!

*A note from Lauren:*

*By teaching representing LLBeWell, you are putting forth creativity, knowledge, safety and sheer wellness into an environment that may not otherwise have access to it. Wow, what a gift right? You are a wellspring of information for your students. Guide them presently and intentionally. I value your teaching and growth and occasionally will drop in to your class or call you to chat about sequences, intentions and even just what you are working on off of the mat. I believe yoga is more than just a physical practice, it is an embodiment. The mentorship and feedback process is ever evolving, as we are. Please know, right here – right now – and in the future, I am grateful for you and it is a gift to work together.*

**Rate**

I honor your studies in order to get to this place of teaching. As a result, your pay is based on experience teaching AND level of certification/training hours accumulated.

You will be paid on a weekly basis. If the class is cancelled due to holiday or other unforeseen circumstance by the location, you are not paid.

**W9**

You are paid as an independent contractor. As such, taxes will not be taken out of your paychecks. You will receive a 1099 at the end of the year by mail and be expected to fill out a W9 prior to beginning work.

I have received clear communication about my position both understand and am in agreement with my role, expectations.

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ date: \_\_\_\_\_\_

*Onboarding Checklist*

Interview\_\_

Discuss Rate\_\_

Get headshot\_\_

Collect Liability insurance verification\_\_

W-9\_\_

Signature agreement of terms\_\_

Sub plan\_\_

Location/access\_\_