



Yoga Instructor/Somatic Movement Specialist

Life Restoration and Wellness is a growing multi-disciplinary health and wellness clinic seeking a qualified Yoga Instructor (trauma-informed) to provide yoga/somatic movement therapies to our clients. We are located in the Marquette, MI area and provide in-person and telehealth services for trauma, anxiety, depression, and other mental health conditions. We recognize that the body and mind are connected, and related co-morbidities often exist between the two.

Location: Marquette, MI – on-site, relocation assistance available, flexible schedules available

A Little Bit About Us: Located in beautiful Marquette, MI on the shores of Lake Superior. We are a growing multi-disciplinary health practice dedicated to providing outstanding care to our clients. We have a wonderful office space, dedicated support staff, and a mission to help others heal and realize their full potential.

Our Mission: Life Restoration and Wellness works diligently to restore the mental and physical health of our clients so they may live with passion, purpose, and direction.

Where and How You'd Work:

Life Restoration and Wellness is located in the heart of Marquette, Michigan. We value our strong, unified team culture because we believe the best work is done together. We value work-life balance so we offer flexible work schedules to take the stress out of appointments, family obligations and other needs.

We have a spacious waiting area and dedicated office staff to take care of the administrative needs of clients and therapists. Our office boasts an additional 800 square foot open space which will be utilized for somatic movement therapies.

What You'd Do in This Role:

As a yoga instructor, you're a kind, caring, compassionate person who loves to see lives transformed. You'll use evidence-based and trauma-informed techniques to equip our clients to empower themselves to see their hurts healed, their mental health restored, and their lives changed for the better in a way that makes all of us at Life Restoration and Wellness Proud.

Compensation and Perks: Generous 1099 contract/fee split

- Compensation is commensurate with case load, skill level, and overall experience.
- Flexible Schedule - Set your own hours
- Positive, upbeat work environment
- Plenty of space for classes

You're Probably a Match If:

- Your smile can be heard through the phone.
- You have a warm, welcoming presence.
- You have a deep passion for helping others and watching them grow.
- You truly believe in the ability of the mind and body to heal.
- You have 2+ years' experience in a role as a certified yoga instructor.
- You have training in trauma-informed care.
- You have great interpersonal, organizational and time management skills.
- You have experience or an interest in trauma healing.
- You have strong communication skills, both oral and written.
- You're a motivated and independent self-starter.
- Instructor Certification from Nationally-recognized organization (Required).
 - A variety of certifications will be considered - Yoga, Thai Chi, Others.
- Michigan Licensure required, where applicable (Required).
- Certification (or interest) in trauma-informed practices (Required).

- Willingness to receive ongoing training in trauma-informed practice (Required).

What Winning Looks Like:

- Provide outstanding, trauma-informed instruction to all clients by designing and implementing effective movement strategies.
- Actively grow and maintain your client base.
- Actively support other team members in achieving their goals.

Other Stuff to Know:

We're looking for people who are passionate about our mission. Because we believe in doing more than just talk therapy - we see wellness as an approach to the whole person, and we're excited about adding movement-based sciences to our list of services. Many of our clients tell us that our therapists are the first ones to **actually treat them, and not just talk**. We help our clients with their challenges every day because we believe that true healing is possible. If you don't know much about us or our mission, we encourage you to visit our website and have a look!

If Life Restoration and Wellness sounds like a workplace where you can get excited about Mondays, apply today. We can't wait to hear from you!