



YOGA AND MEDITATION @ ALBEMARLE-CHARLOTTESVILLE REGIONAL JAIL (ACRJ)

Requirements to teach yoga and meditation at [Albemarle-Charlottesville Regional Jail](#):

- Completion of 200 hour yoga teacher training program
- The knowledge needed to teach beginners and people of all body types and ages.
- Volunteer application.
- Orientation and training class that may last up to four hours
- Successful completion of background check (a criminal background does not exclude you from teaching)
- Patience and passion for the opportunity – and willing to give feedback to shape this new programming

Steps to begin volunteering:

1. Complete and submit the [volunteer application](#).
2. Let Common Ground (Elliott@commongroundcville.org) know when application has been submitted. Elliott will let our ACRJ contact know you have submitted an application and she will tag you for our yoga/meditation programming.
3. The ACRJ Training Department will call you to schedule a Volunteer Orientation & Training class once the background screening has been completed.
4. Upon completion of the orientation, submit to Elliott@commongroundcville.org
 - a. Would you prefer working with women, men or either?
 - b. The type of class you will offer.
 - c. 2-3 day/time options you would like to teach.