



YOGA @ FLUVANNA CORRECTIONAL CENTER

Requirements to teach yoga at [Fluvanna Correctional Center](#):

- Completion of 200 hour yoga teacher training program
- The knowledge needed to teach beginners and people of all body types and ages.
- Fluvanna Correctional Center Volunteer Badge
- Completion of initial Fluvanna Correctional Center's volunteer training/Orientation (needed for badge) The orientation takes about an hour.
- Successful completion of background check, culminating in awarding of (needed for badge)
- **Patience and passion for the opportunity – the background check can take up to 9 months!**
- Attend annual in service activity to maintain an active volunteer badge

Steps to begin volunteering:

1. Email your interest to:
 - a. Elliott Brown Elliott@commongroundcville.org
AND
 - b. Patty Gray pattygray620@gmail.com
 - i. Patty will find out when the next orientation is and turn in your name and a telephone number to get you on the orientation list. (The next orientation is August 1st at 1:30pm)
2. Complete and submit the form for the background check.
3. Attend orientation.
4. *Once you have completed the orientation, Patty can apply for permission to bring you to a class with her and you will be able to see the inside of the facility, where classes are taught.*

Location: The facility is located on Rt. 250, about halfway between Rt. 616 (exit #129 on I64) and Rt 15 (at exit #136), on the south side of the road--it's a large facility, hard to miss.

Parking: Anywhere except designated spaces including any spaces with a yellow curb.

Attire: Wear street clothes --NO JEANS, on the conservative side. Underwire bras trip the metal detector.

Items allowed in FCC: Only bring a car key and driver's license in with you--no cell phone, purse, water bottle, etc.