

Perinatal Yoga Instructor - Group Leader (Per Diem Position)

Setting: Day Program (Perinatal Partial Hospital Program).

Locations: Northern New Jersey (In person).

[The Motherhood Center](#) (TMC) is a perinatal mood and anxiety disorders treatment center committed to providing support for new and expectant mothers and families. TMC offers one of the nation's only non-hospital based perinatal partial hospitalization programs. In addition, the Center offers outpatient therapy, support groups and education for both patients and providers. The Motherhood Center was co-founded by Catherine Birndorf, M.D, a Cornell-trained reproductive psychiatrist with more than 25 years of experience in perinatal mental health.

Job Summary:

We are seeking a skilled Perinatal Yoga Instructor to join our team. As a Perinatal Yoga Instructor, you will be responsible for using yoga-based trauma informed interventions to help women/birthing parents who are experiencing perinatal mood and anxiety disorders. This role will involve designing group yoga sessions to help patients with stress reduction and relaxation.

- Conduct 2-4 yoga sessions per week for patients experiencing perinatal mood and anxiety disorders. Groups may be hybrid and may include chair yoga
- Create a nurturing and inclusive atmosphere where expectant and new mothers feel empowered, supported, and encouraged to connect with their bodies, breath, and babies
- Encourage open communication and provide a compassionate ear for participants to share their experiences and concerns
- Include themes around mothering/parenting and acknowledge and engage the babies in the room
- Offer information on topics related to prenatal and postnatal health, including relaxation techniques, childbirth preparation, pelvic floor health, and postpartum recovery
- Have knowledge, experience and therapeutic language in restorative movements as it relates to sexual trauma or birth trauma
- Collaborate with other healthcare professionals, including psychiatrists, psychologists, and social workers, to provide comprehensive care for clients
- Maintain accurate and up-to-date client records and progress notes
- Stay informed about current research and best practices in perinatal yoga practice

Qualifications:

- Certified Yoga Instructor with specialized and trauma informed training in prenatal/postnatal yoga. Additional certifications or training in childbirth education, PMADs, doula support, or related fields are advantageous
- LCAT preferred

- Prior experience teaching perinatal yoga classes to pregnant women and new mothers preferred. Demonstrated knowledge of prenatal and postnatal anatomy, physiology, and safety considerations
- Experience working within a mental health setting is preferred
- Strong interpersonal and communication skills
- Flexibility and creativity
- Ability to work effectively both independently and as part of a multidisciplinary team
- Compassion, empathy, and a nonjudgmental attitude

How to apply:

- If you are interested in applying for this position, please send a resume and cover letter to careers@themothoodcenter.com

The Motherhood Center is an equal opportunity employer and is deeply committed to maintaining a diverse and inclusive community amongst its staff, trainees and clients. We seek to increase diversity across race, ethnicity and national origins, gender and gender identity, sexual orientation, disability, and socioeconomic background.