



MINDFUL MORNING SERIES

SUMMER 2019

VOLUNTEER OPPORTUNITIES

Opportunities to gain experience and develop skills in:

- Event Coordination
- Photography
- Community Outreach
- Communication
- Community Service

How to Apply:

Please complete our application form:
tinyurl.com/mindfulvolunteer19

For more info, contact Shan Koay:

Community Programs Manager
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Program Description

Ivy Child is partnering with the Town of Boxborough and the Sargent Memorial Library to host a 6-week Summer Mindful Morning Series. Sessions will be held at the Sargent Memorial Library lawn in Boxborough, MA on May 25, June 1, June 8, June 15, June 22, and June 29, 2019 (Saturdays). Each session will offer 1 hour of yoga and mindfulness from 10am-11am. The program is free and open to the public, for all ages and abilities to participate. Our goals are to: create access to free and constructive health programs for all ages, educate the community on the benefits and importance of yoga and mindfulness, strengthen the sense of community among residents and businesses.

Our team is looking for passionate, hardworking, and reliable volunteers to help out on event days.

Key Responsibilities

- Distribute flyers around town prior to program
- Setup and breakdown sessions
- Organize and track supply inventory
- Register and check in participants
- Collect donations
- Check out mats
- Setup and support with sound system (speakers, mics)
- Photography
- Face painting
- Clean yoga mats
- Provide general customer service

Qualifications & Experience

- Must be reliable with great time management skills
- Prior volunteer experience preferred
- Excellent communication and interpersonal skills
- Ability to work as part of a team and take initiative
- Ability to work efficiently
- Commitment to Ivy Child's mission
- Ability to travel to program site each week

Commitment

On-site support. Must commit to volunteering at least 4 out of the 6 classes. Volunteers must be present from 9am - 11:30am on all dates. Will be required to attend one volunteer training session prior to the program start date.

