



## Employment Opportunity



### Tai Chi Instructor

The position is responsible for providing Tai Chi and/or Qigong instruction for the purpose of promoting, restoring, and preserving health and well-being of members at the Brecksville Human Services Center and Brecksville Community Center.

The major duties and responsibilities include, but are not limited to, the following:

- Prepares and sets up Tai Chi and/or Qigong setting and equipment to support scheduled events and activities;
- Conducts Tai Chi and Qigong well-being classes in a group setting, for the purpose of promoting, preserving, and restoring health and well-being;
- Provides simple accurate instruction in the areas of Tai Chi and/or Qigong such as verbal, kinesthetic or visual cues to correct body alignment during various movements;
- Prepares class format and content appropriate for the type of class and level of participants;
- Independently monitors class participants to ensure proper postural alignment and use of equipment;
- Adapts Tai Chi and/or Qigong protocols to match participant's ability, physical and mental limitations;

Those interested should please contact the Brecksville Human Services Department at 440-526-2499.