

HORIZONS
Cope Foundation in Cork Communities

Yoga Volunteer - Ballyvolane Area

Ballyvolane area

The times involved are on Monday morning from 10am to 1 pm.

What you will be doing:

Volunteers are required to accompany staff and a group to one/two yoga classes each week and to participate in the yoga class with the people we support. The volunteers will also help the group to use public transport getting to/from the class. The role starts in the Ballyvolane area.

What You'll Gain:

- New friendships.
- The satisfaction of contributing to someone's wellbeing and quality of life.

What you need:

You should have an interest in Yoga, be friendly, confident and patient and be motivated to help people with disabilities to be more included in society and their community. The aim of the role is to help encourage the people we support to be more independent and to be responsible when accessing the community. A commitment to inclusion is important.

Ready to join us?

Please contact Milly Farrell, Volunteer Coordinator:
Phone: 021-4643294 / 086-0412354 or email: volunteer@horizonscork.ie

Visit **www.horizonscork.ie** for further information on volunteering with Horizons.