



HORIZONS

Cope Foundation in Cork Communities

Strike a pose... A *Yoga* pose?

Yoga Class Support Assistant

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.

The volunteers/s 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.

The volunteer will enjoy a very rewarding experience and get to meet unique individuals who are friendly and just want to make friendships outside of Horizons.



The times involved are on Monday morning from 10 a.m. to 1 p.m., or Weds from 1.30 to 4p.m. The Yoga classes are one hour long but this includes travel time. The cost of the Yoga class and bus travel will be covered.



Ballyvolane area

Please contact Milly Farrell, Volunteer Coordinator:

Phone: 021-4643294 / 086-0412354 or email: volunteer@horizonscork.ie