

RECOVERY SPECIALIST II

Yoga • Movement • Recovery • Mindfulness

Fall 2026 | Winter 2027 | Spring 2027

Position: Recovery Specialist II, Yoga Sports Coach, Instructor

Employment Type: Part-Time Independent Contractor

Compensation: Competitive, commensurate with experience and scope of services

Travel: Required — Delaware-based | travel to client, athletic program, corporate, community, and event locations

Schedule: Flexible / Program-Based

ABOUT THE OPPORTUNITY

We are expanding our team and seeking a highly skilled, grounded, and professional Recovery Specialist II to join our growing wellness and performance team.

This role is ideal for a Registered Yoga Teacher, Movement Coach, fitness professional, or recovery-focused practitioner who understands that recovery is more than stretching.

Our work brings intentional recovery experiences to diverse populations—from community members seeking greater mobility and stress relief to collegiate male and female athletes looking to improve mobility, body awareness, resilience, balance, performance readiness, and recovery.

The Recovery Specialist II will facilitate thoughtfully designed experiences incorporating yoga, mobility, dynamic stretching, breath-work, mindfulness, meditation, and restorative practices based on the needs of each population. Company will provide an overview of curriculum to be utilized during session.

We are looking for someone who can confidently lead a room, genuinely connect with diverse groups of people, adapt their approach, and deliver a premium, professional experience every time. Observation and evaluation of our clients' recovery process and readiness will be essential as a facilitator.

WHAT YOU'LL DO

As a Recovery Specialist II, you will:

- Facilitate engaging and intentional recovery sessions for (1) athletes, (2) community members, teams, organizations, and other groups.
- Lead yoga, mobility, dynamic stretching, functional movement, and restorative practices.
- Inquire about clients' wellbeing & lead discussions around burnout, resilience, and sustainable wellbeing habits
- Incorporate breath-work, meditation, mindfulness, relaxation, and nervous-system-focused practices when appropriate.
- Work with male and female collegiate athletes across varying sports, training levels, body types, and movement abilities.
- Modify and adapt sessions based on the population, environment, sport, training demands, and individual needs.
- Create an environment that is welcoming, inclusive, professional, and supportive.
- Collaborate with coaches, athletic staff, wellness professionals, and organizational leaders.
- Represent the company professionally while working at partner/client locations.
- Arrive prepared with the appropriate equipment, programming, music, and materials needed for each experience.
- Provide a high level of customer/client service before, during, and after each session.
- Maintain appropriate professional boundaries and demonstrate sound judgment when working with participants.
- Communicate participant considerations, logistical concerns, and relevant observations to the appropriate team member.
- Contribute ideas and expertise to the continued development of our recovery programming.
- Provide a report of the athlete/client's experience and recovery progress
- **Current assignments are Delaware-based, but not bound**

THE IDEAL CANDIDATE

You are more than someone who can teach a yoga class.

You understand how the body moves, how people recover, and how to create an experience that makes people feel better when they leave than when they arrived.

You are:

- A confident and engaging facilitator.
- Knowledgeable about movement, mobility, flexibility, recovery, and mind/body awareness.
- Comfortable teaching both beginners and physically advanced populations.
- Comfortable working with athletes in a performance-oriented environment.
- Adaptable and able to read the room.
- Professional, punctual, dependable, and prepared.
- Warm and personable while maintaining appropriate professional boundaries.
- Comfortable facilitating groups of varying sizes.
- Passionate about wellness, movement, fitness, and helping people feel more connected to their bodies.
- Open to continued learning and professional development.
- Able to represent a premium wellness brand with confidence and professionalism.

REQUIRED QUALIFICATIONS

Minimum requirements:

- Current 200-hour Registered Yoga Teacher (RYT-200) designation or equivalent recognized yoga teacher training.
- Demonstrated experience teaching yoga and/or movement-based practices.
- Strong understanding of safe movement principles, mobility, flexibility, and recovery.
- Ability to confidently facilitate group experiences.
- Experience working with diverse populations.
- Reliable transportation and ability to travel to various client and partner locations.
- Professional communication skills.
- Ability to work independently and manage responsibilities associated with an independent contractor role.
- Current CPR/AED certification may be preferred and may be required for certain assignments.

PREFERRED QUALIFICATIONS

Candidates with additional training or experience in the following areas are strongly encouraged to apply:

- RYT-500 or advanced yoga training
- Movement coaching
- Functional movement
- Former athlete or trained dance artist
- Sports performance or dance training
- Mobility and recovery
- Breathwork facilitation
- Meditation and mindfulness
- Somatic movement
- Trauma-informed practices
- Pilates or other movement modalities
- Experience working with collegiate or competitive athletes
- Experience facilitating corporate or community wellness programs
- Experience working with diverse cultural, socioeconomic, gender, age, and fitness populations

ATHLETIC & PERFORMANCE EXPERIENCE

A strong candidate should be comfortable entering an athletic environment and working alongside coaches and performance professionals.

You do not need to be a strength and conditioning coach. Your role as a Recovery Specialist II is to strengthen the recovery and resilience in order to optimize the athlete's performance.

You should understand the role recovery plays in an athlete's overall development and be able to appropriately facilitate practices that may support:

- Mobility
- Flexibility
- Range of motion
- Body awareness
- Active recovery
- Recovery between training sessions
- Breath regulation
- Relaxation
- Mental reset
- Focus and presence

- Mind-body connection

WHAT SUCCESS LOOKS LIKE

A successful Recovery Specialist II: Creates an experience—not just a class.

Participants should leave feeling more mobile, restored, grounded, connected, and equipped with tools they can incorporate into their own recovery.

Our clients and partners should experience you as a knowledgeable, dependable, adaptable, and highly professional extension of our brand.

PROFESSIONAL EXPECTATIONS

Because our specialists represent our company directly in client and partner environments, professionalism is essential.

We expect our specialists to:

- Be punctual and prepared.
- Communicate proactively and professionally.
- Respect client confidentiality.
- Maintain appropriate professional boundaries.
- Follow established safety and operational procedures.
- Dress appropriately for the environment and assignment.
- Demonstrate cultural awareness and respect for diverse populations.
- Maintain current professional credentials and certifications.
- Take ownership of assigned responsibilities.
- Refrain from fraternizing with clients or building intimate relationships
- Deliver a consistent, high-quality participant experience.

INDEPENDENT CONTRACTOR STRUCTURE

This is a part-time independent contractor position. Specialists are engaged on a program, session, event, or assignment basis.

Athletic Program | Hourly Rate Starts at: \$100

Compensation is competitive and reflects the specialist's:

- Experience and credentials
- Scope of assignment
- Session length
- Population served
- Level of specialization
- Preparation requirements
- Travel requirements
- Complexity of programming

Additional opportunities may become available as our client and partner network continues to grow.

HOW TO APPLY

Please submit:

- 1. Resume or professional CV**
- 2. Brief professional bio**
- 3. 3–4 professional references**
- 4. Brief response to the following:**
 - What does intentional recovery mean to you, and how would you create a meaningful recovery experience for a collegiate athlete after a demanding training session?

Selected candidates may be invited to participate in a practical audition/facilitation session as part of the selection process.

We are looking for practitioners who can bring both expertise and presence.

If you believe recovery is essential to sustainable performance, wellness, and quality of life—we'd love to meet you and work with you!

[Have questions? Reach out: info@iamartnmotion.com]

Equal Opportunity & Non-Discrimination Statement

I AM ART N MOTION is an equal opportunity employer. We are committed to creating an inclusive, respectful, and welcoming workplace where all qualified applicants are encouraged to apply.

Employment decisions are based on qualifications, experience, skills, professional conduct and the needs of the organization. We do not discriminate on the basis of race, color, religion, sex, gender identity or expression, sexual orientation, national origin, age, disability, genetic information, veteran status, or any other characteristic protected by applicable federal, state, or local law.

We value diversity and believe that a wide range of perspectives, backgrounds, and experiences strengthens our team and the communities we serve.

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