

A) Introduction about the Job or Position:

*** An Overall Idea About The Position:**

A Middle Eastern Employer, is seeking a Fluently English Speaking, Dynamic, Career Orientated, Modern/Up-to-date/Trendy/Stylish, Skilled, Certified, Healthy, Fit and Energetic FEMALE Yogi, that lives a healthy, clean and a holistic lifestyle, with a wide range of experience and a very good background and foundation as a Certified and Accredited Yoga Teacher/Master who's knowledgeable and has good understanding about the Yoga Philosophy, Principles, Theory and Ethics and lives by them. It's also, preferable to have a Female Yogi, Yoga Master/Teacher, Lifestyle Manager, who has been Practicing and Teaching for a while at least 6 to 8 years and who preferably and only if possible, lived in India for a while or a few years. The candidate should have a comprehensive knowledge and/or background with Ayurveda, Naturopathy/Nutrition and/or Alternative Therapy, as she might be required to help, assist and share this knowledge with Employer, especially in Ayurveda and Naturopathy, if possible. **It's Not Obligatory or Mandatory for the candidate to hold a Formal degree in both fields but she must have, comprehensive knowledge, background and good experience about them, or have done some sort of short courses maybe and is applying it in her daily life and this is a Huge Bonus. It's also, Not Obligatory or Mandatory for the candidate to have a Formal degree in Massage or Massage Therapy, some experience, background and knowledge is preferable and it's also a Big Bonus too.** Candidate will be a Personal/Private Yoga Teacher/Master, Yogi, Lifestyle Manager, as well as a potential Ayurvedic or Naturopathic Cook, which is a Huge Bonus, Therapist or Specialist to the employer. The employer is also looking for, if possible and it's a great advantage, for a candidate who's interested to be a Household Supervisor/Executive Housekeeper too. For this, she needs to be well cultured, has a good professional service background and organizational skills.

The Employer is aiming and aspiring to be a Certified Yoga Teacher/Master with valuable knowledge and some background about Ayurveda or Naturopathy or some knowledge in Alternative Therapy, as mentioned above. The candidate needs to facilitate, assist and help the Employer in performing and comprehending the Authenticity of Yoga; it's Philosophies, Principles, Ethics, Teaching and Aspects and, if possible, which is a Huge Bonus, in Ayurveda or Naturopathy/Nutrition or Alternative Therapy, by Incorporating and Applying them into the

modern daily life and routine. She needs to make them not only part of a lifestyle, but also a continuous way of living, whilst still not forgetting and respecting the employer's and other people's religion, beliefs, culture and traditions.

The Employer is very much interested in and passionate about Health, Wellness and Well-being and would love to have a candidate that is that way too.

Being artistic, creative, resourceful, inspirational, open minded and productive, with an eye for details will definitely and significantly increase the candidate's opportunity to obtain this position and role. The candidate must be aware that she will be a Confidante to the employer, making life easier and uncomplicated, whilst respecting and maintaining Professionalism, Privacy and Confidentiality at all times and circumstances.

The Employer is looking for a candidate that is not only viewing/looking for a job to fulfill or has merely materialistic goals in life, but for someone who has deeper purposes and understandings about life. Someone who will consider the employer/family/home as her own and who will take this opportunity as a sort of a special calling to grow, learn, teach, help/serve others and attend to their needs as well as to embrace this unique experience and everything that comes along with it.

**** Summary about the Qualifications, Experiences and Requirements Required for this Job or Position, that are Not Only Limited to the following:**

(All Points are explained in Details, in the Yoga and Healing Qualifications Required Section Below, as well as the sections of this Job Description).

The Employer is looking for an English speaking, Female Yogi, Yoga Master/Teacher and Lifestyle Manager, who preferably and only if possible, lived in India for a few years or a good period of time that has the following desired Certifications, Knowledge and Experiences in:

- Practicing various types of Yoga and is aware and has good knowledge about Yoga Philosophy and Ethics, where Yoga is a routine and part of her lifestyle and having the desire and the will to help, assist and share the knowledge with students or with whoever wants to learn and who's keen on and seeking knowledge and enlightenment.

The employer wants and desires to continue her Yogic journey by enlightening herself and study Yoga and Certify in it, as well as the other areas described in this Job Description. The employer is looking/searching for a Certified and Accredited Female Yogi, Yoga Master/Teacher, who has some comprehensive knowledge, background and/or experience, or has done some sort of short courses, in Ayurveda or Naturopathy/Nutrition or Alternative Therapy, as she might be required to help, assist and share this knowledge with the employer, especially in Ayurveda or Naturopathy, where she applies and incorporates them in her daily life and way of living. **It's Not Obligatory or Mandatory for the candidate to have a Formal degree, in Ayurveda or Naturopathy/Nutrition or Alternative Therapy, having comprehensive knowledge, good experience, and background will do, as it's a Huge Bonus and preferable for this position.**

- Candidate will be a Personal/Private Yoga Teacher/Master as well as a potential Ayurvedic/Naturopathic and/or Alternative Therapy Yogi, Cook, Therapist/Specialist and a Lifestyle Manager to the employer. The employer is also looking for, if possible and it's a great advantage, for a candidate who's interested to be a Household Supervisor/Executive Housekeeper too. For this, she needs to be well cultured, has a good professional service background and organizational skills.

- Candidate Must be able to Teach, Practice, have Knowledge and Experience that is Not Only Limited to the following, in:

- a) Yoga Asanas and Alignments, Yoga Postures and Counter Postures, Yoga Science, Yoga Philosophy, Principles, Theories, Ethics, Aspects, Yoga Habits and How to apply it in the daily Lifestyle, whilst respecting other Religions and focusing on the above from a more Scientific and a Spiritual View. Teaching and practicing Yoga Asanas, Yoga Postures and Alignments and Counter Postures, as well as teaching the Physical, Emotional, Therapeutic ...etc., effect of the many/various Asanas and their effects on the body, mind, health, soul, ...etc. Also, how different Asanas and Postures affect, balance and work on different Chakras, Auras, Pranic body and the emotional and physical Energy too. Yogic Way helping and sharing her knowledge with students or whoever is seeking for the Yogi lifestyle and teachings. Candidate must have a fairly good number of years of practice, teaching and experience; at least 8 years, more years of practice, experience and knowledge is preferable of course.

- b) Being Knowledgeable, Applying, Practicing and having done some sort of courses in Ayurveda or Naturopathy/Nutrition or Alternative Therapy and incorporating them, as part of her Lifestyle, Habits, Beliefs, and Healthy Living is a Huge Bonus. As well as, incorporating this knowledge in Healthy/Healing Cooking and (Baking) if possible.
- c) Knowledge about Gardening, especially Herb Gardens is a Huge Bonus. As well as, Knowledge about Herbs and their uses, especially Therapeutically, which is a Huge Bonus and very preferable.
- d) Preferably and only if possible, and this is **Not Obligatory and Mandatory, but is a Big Bonus of course**, if the candidate has some knowledge, experience and/or practices different types of Massages/Massage Therapies, like: Ayurvedic Massages, Indian Head Massage, Swedish, Thai Massage, Therapeutic Massages, Shiatsu, Acupressure, ...etc.
- e) Certifications/Experiences that the candidate must have, include but are Not Limited to:
1. Hatha Yoga, Advanced minimum 200-H (Preferably The Iyengar Way/Style)
 2. Ashtanga Yoga Advanced, or 200H Minimum (Preferably the Iyengar Way/Style).
 3. Therapy Yoga, Advanced or 200-H
 4. Yoga KRIYAS, All.
 5. Yoga Nidras, Meditations and Pranayamas/Breathing.
 6. Pranic Healing/Energy Healing.
 7. Chakra Alignments/Balancing.
 8. Aura Cleaning.
 9. Life and Lifestyle Coaching, is very Huge Bonus.
 10. Some Characteristics, Traits and Interests, in the candidate we're looking/searching for, include but are not limited to the following:
Being Healthy, Fit, Mature, Non Smoker, Non Drinker, Responsible, Understanding, Open Minded, Loyal, Honest, Able to Solve Conflicts Easily, Has Initiative, Discreet, Maintains and Respects Confidentiality and Privacy, God-Fearing, Loving, Caring, Warm, Soft, Kind, Energetic, Vibrant, Polite, Happy, Positive, Fun, Bubbly, Down to Earth, Easy Going, Flexible, Uncomplicated, Refined, Resourceful, Clean,

Hygienic, Neat, Tidy, Organized, Creative, Artistic, Stylish and Modern, who is preferably a good Housewife or Hostess that Enjoys Life, Healthy Living, Ayurveda/Naturopathy/Nutrition and or Alternative Therapies, Cooking/Baking, Gardening, Reading, Décor, Traveling, Learning and Teaching. She Must be Diverse in many Ways, Well Cultured and it Must Be Easy for her to Relocate, Live with and Adapt to Different Countries, People and Cultures that are completely Divergent and Different to hers easily and fully understands and accepts that. She Must, Respect Different Religions, Beliefs and Traditions that are Unlike/Different to hers too. Candidate must know how to make use of her time and can enjoy her own company as well.

- Other Preferable (not Obligatory) Certificates or Experiences in Yoga include, if possible:

- 1) Vinyasa Yoga
- 2) Atma Yoga

B) Prerequisites for this position include, but are Not Limited to the following:

- * Living a Clean, Holistic, Healthy and a Yogic lifestyle.
- * Candidate will be a Personal/Private Yoga Teacher/Master, Yogi, as well as a potential Ayurvedic or Naturopathic Yogi Cook, which is a Huge Bonus, a Lifestyle Manager and Therapist or Specialist, if possible to the employer. The employer is also looking for, if possible and it's a great and an extra advantage, for a candidate who's interested to be a Household Supervisor/Executive Housekeeper too. For this, she needs to be well cultured, has a good professional service background and organizational skills.
- * It is advantageous, preferred and is a big bonus, but it's not an obligation, that the Candidate follows B.K.S. Iyenger's path, as well as his school, his philosophy and principles, his teachings and theories, his methods and his techniques. The Candidate will not only be teaching Yoga, but will also have to be knowledgeable and familiar about Yoga Philosophies and Aspects and she must be able to explain, illustrate, teach and clarify them during this journey.
- * Practice and have knowledge, with good background and experience,

of Ayurveda/Naturopathy. Preferably the Candidate should hold some certificates and/or some formal training in this field or domain.

* Practicing Meditation and Pranayamas/Breathing with knowledge/background in Energy healing, Reiki, Pranic healing, Chakra alignments/ balancing and Aura Cleansing.

* Appreciates, enjoys and familiar with various types of Teas, Infusions, Herbal Remedies, Herbal/Remedial Gardens and their purposes and usages, Therapeutically, too.

* Candidate must have Passion for Food and Enjoy Healthy Cooking and Baking, whilst incorporating Ayurvedic or Naturopathic or Alternative Therapy Techniques, Styles and Methods, if possible and is an advantage and making them part of the Employer's lifestyle and Healthy Eating Habits/Patterns. (Eating, like a Yogi, a Healthy Yogic Diet and Lifestyle).

C) Yoga and Healing Qualifications Required:

* A Female Yogi/Yoga Teacher/Master, holding at least a minimum of 300H, of Certification with at least Eight to Ten years of experience in Practicing and Teaching, and who preferably and only if possible, lived in India for a while or a few years teaching (if possible and is preferable). More hours of training and Longer teaching experiences are preferred, especially in Ashtanga Yoga, (500H only if possible).

* Candidate must know all about: Raja Yoga of Pantanjali, Patanjali Yoga Sutras, Different Mudras, Different Bandas, Pancha Koshas, Yamas, Niyamas, Asanas, Postures, Body Alignment, Pranayamas, Pratyaharas, Dharanas, Dhyanas, Samadhis, Yoga Philosophy, Yoga Principles, Teachings, Theories ...etc.

* Candidate's qualifications would preferably be, but not limited to, in the following: Hatha Yoga, Ashtanga Yoga, Raja Yoga, Iyengar (Yoga, Techniques and Alignments, Kriya Yoga, Sivananda Yoga, Vinyasa Yoga, Therapy and Restorative Yoga. Sitali Kriya Yoga, Kundalini Yoga and Bhakti Yoga are added advantages for sure. She must master the Different Types/Varieties of all their Postures and Asanas, Basic and Advanced. The following are only some examples, of the so many Yoga Postures and Asanas but of course, they are not only limited to those, it's only to give you some idea, as the Yoga Practice is a very wide field and there are so many other Asanas/ Postures involved in it.

These examples include:

{Surya Namaskara, Vrksasana, Trikonasana, Sirshasana, Chakrasana, Pascimottanasana, Ardha-Matsyendrasana, Mayurasana, Sarvangasana, Savasana, Balancing Asanas, Back and Forward Bends, Hip Opening, Adho Mukha Vrikshasana, Pincha Mayurasana, Vinyasa Standing Asanas Levels 1 and 2, Finishing Sequence, Therapeutic Postures/Practices /Asanas which would aid in reducing Health Issues, ...etc., and all the other Asanas and Postures that are involved in the Yoga Practice both Basic and Advanced}.

* Candidate must be familiar with the Anatomy and Physiology in Yoga. She must also understand and comprehend, all about the Ethics and various Philosophies regarding Yoga and it's practices. Examples Yoga Philosophies/ Philosophers (but are not limited to): Patanjali Yoga Sutra, T. Krishnamacharya, B.K.S. Iyengar, Geeta S. Iyengar, OSHO, Samadi Pada, Sadana Pada, Karmayoga Sloka Sangraha (Bhagavad Gita), Atma (Nivana) Shataka, ...etc.

* Candidate must be knowledgeable about different Kriyas and Shatakarmas Techniques/Methods and various Detox and Cleansing practices. Some examples (but limited to) of Kriyas and Shatakarmas include: Jalaneti, Sutra Neti, Dhauti (Internal Cleaning), Nauli, Basti, Kapalabhati, Shankprakhshana and Trataka, ...etc.

* Candidate must be able to Practice/ Perform/ Teach different forms and techniques of Breathing and Pranayamas. Practicing Pranayama with Bandas, Janandara Banda, Uddiyana Banda, Moola Banda and Maha Banda.

* A candidate with experience and who's knowledgeable about Reiki, Energy Healing, Pranic Healing, knowledgeable about Chakras and Chakra alignments and Aura Cleansing.

* A candidate that is experienced in Yoga Nidras and Meditation and that's able to teach Meditation and Yoga Nidras too.

* It's **Not Obligatory or Mandatory** for the candidate, but it will be a good Advantage and a Huge Bonus, if the candidate has some sort of knowledge or experience in performing different Massages or Therapeutic Massages. Some examples, include but are not limited to: Indian Head Massage, Ayurvedic Massages, Hot Stone Massages, Acupressure, Reflexology, Relaxation Messages and it would be an advantage too if she has some experience and/or knowledge about

other Types and Techniques of Massages like: Swedish Massage, Thai Massage, ...etc.).

* A qualification in Life Skills Counseling/Life Coaching would be a great Advantage and a Huge Bonus too.

D) Other Essential And Important Qualifications Required:

* Candidate must be living a yogic, clean, holistic and a healthy lifestyle, where she preferably incorporates Ayurveda or Naturopathy/Nutrition or Alternative Therapy, as part of her Lifestyle, Habits, Beliefs, and Healthy Living and Daily Routine too. She must be aware that hygiene is very important and apply hygienic procedures not only as personal/self hygiene but also in all aspects of life, in working, preparation of food, ...etc.

* Candidate must have a continued interest in Health, Well-Being and Wellness and who has preferably done some sort of courses or has some experience, good knowledge and background or qualifications in Ayurveda or Naturopathy/Nutrition and is practicing and applying them as part of her lifestyle and way of living. **It is Not Obligatory and Mandatory to have a Formal Degree, some comprehensive knowledge, background and good experience will be good enough and a Huge Bonus and Advantage.** Only if possible, it's a **Big Advantage** if the candidate is able to apply this knowledge in home remedies and for therapeutic purposes or treatments too.

* Candidate should have passion/love for Cooking and Baking (Authentic foods, Fusion foods, ...etc.), and it's a Bid Advantage if she is able to incorporate Ayurvedic or Naturopathic and Healthy Cooking Techniques and Methods to her style of cooking.

* A candidate who's interested in Gardening, more specifically herb and remedial gardens.

* A candidate who really appreciates and who's knowledgeable about the different varieties of teas and infusions, their origins, purposes, uses and/ or therapeutic uses, effects, preparations, ...etc.

E) Some Extra and Preferable Qualities, Interests and Habits that Will Definitely Increase the candidate's Opportunity and Chance for being Hired and Chosen for this position, include but are Not Limited to, if possible, to the following:

* Candidate who's a good all rounder in should preferably

housekeeping and managerial skills. A candidate who is be able to manage, supervise and direct staff and also be a leading example. This includes but isn't limited to, supervising and checking that household chores and laundry, if possible, and ensure everything is done properly. For example: inspecting and ensuring that rooms/living area, toilets/bathroom, staircase/kitchen, passages/hallways are hygienically clean, polished, neat and tidy, arranging and maintenance of wardrobe, ensuring that all schedules, inventories, and stock control lists/labels are up-to-date, ...etc. (A good hostess/housewife/housekeeper). Details will be discussed during interview.

*** A candidate that enjoys reading, learning, traveling, cultures and exploring new foods/cuisines. She needs to be interested in décor, arts and being arty and decorative, adding some nice feminine touches and who's able to produce a cozy, pretty and a comfortable ambiance/atmosphere (For example: music, colors, odors, incenses, candles, flowers, plants, potpourri, throws, scarfs, linens, cards, magazines, notepads, frames, paintings, teapots, porcelains, vases, jars, mugs, muffins, cupcakes, cookies, candies, fruits, veggies, spices, herbs, teas, container gardening, window boxes, ...etc.). Candidate must also be stylish, have an eye for details, be up to date, artistic, creative, inventive and imaginative.*

F) The Following Characteristics, Personal Traits and Requirements, are very much Required, Essential and Will for Sure Enhance Your Chance for Being a More Suitable Candidate for the Position, include but are not Limited to the following:

* Someone that is God fearing, mature, stable, physically and mentally fit, healthy, active, fun, vibrant, energetic, young at heart, persistent and a go-getter.

* Warm, soft hearted, kind, serene, considerate, loving, caring, passionate, containing, patient, pure, thoughtful, helpful, nice, fun, adventurous, has a sense of humor, humble, bubbly, easy going and down to earth.

* Discreet, respects and maintains privacy and confidentiality of others, not scared of new challenges, polite, well-mannered, has etiquette, calm demeanor, courteous and non-temperamental.

* Happy, optimistic, modern, has a positive outlook towards life, problem solver, honest, trustworthy, loyal, understanding, open

mindful, accepting and non-judgmental. The candidate needs to embrace new/different experiences and continuously learn from them and have a strong personality in the sense of taking and accepting challenges, being perseverant and not giving up easily.

- * Neat, clean, refined, tidy, presentable, trendy, stylish, has good taste, very well groomed, hygienic, has high morals, ethics, values, non-drug user, non-drinker and non-smoker.

- * She needs to be diplomatic, professional, responsible, confident, able to take, give advice and handle constructive criticism, in order to improve current situations, systems and make a better place and working environment.

- * She needs to be organized, well-experienced, knowledgeable, intellectual, cope with different personalities, behaviors and manage conflict situations, witty, quick, hardworking, and detail oriented.

- * Understands different levels of life (life experiences). She must respect different opinions, laws, relationships, different traditions and other religions.

- * Candidate needs to be well cultured and can adapt easily to changes. She must be able to live and work in different and new cultures, lifestyles and etiquettes that are in total opposition to her own and open to learn, understand, know, respect and embrace these differences. She needs to be flexible.

- * Must have a very good command of English, spoken and written. The Candidate must be able to work under pressure, maintain her composure and be resourceful. She must perform her duties and tasks effectively and be a good manager of time, have good communication skills and basic computer skills in order to keep the Employer informed and aware of current daily actions and plans.

G) Important Information Candidate Needs to Know:

- * Candidate must have a very good command of English, spoken and written.

- * Candidate must be a matured, stable, healthy, physically and mentally fit female, 35 to 58 years old that has preferably spent a good period of time or a few years Teaching and Practicing in India, if

possible. Candidate must be willing to settle down and commit for a long term – at least 3 years. Candidate **Will have leaves** during this time, either Annually or more regular leaves, as agreed and discussed with employer, as employer is flexible.

* Candidate must either be single, divorced or widowed and has no dependents or her children are grown ups and have their own lives already.

* Candidate will have means, like Internet, telephones, mobile phones, to communicate and interact with her family, friends, ...etc.

* Candidate has full access to the kitchen at any time, as well as all household appliances, amenities, pool, jacuzzi, gym, ...etc.

* Employer will take care and provide accommodation; transportation, Internet, TV, meals, medical insurance and two-way ticket for annual leave or agreed upon leaves.

* CANDIDATE WILL WORK ON THE EMPLOYER'S PREMISES AND NOT IN A YOGA STUDIO, SPA, SCHOOL, INSTITUTE, ...ETC., and WILL SPEND MOST OF HER TIME IN SAUDI ARABIA WITH THE EMPLOYER. SHE WILL TRAVEL WITH THE EMPLOYER WHEN THE EMPLOYER TRAVELS AND FOR HER LEAVE OR HOLIDAY OF COURSE BUT SHE MUST KNOW THAT SHE WILL SPEND MOST OF HER TIME IN SAUDI WITH THE EMPLOYER, AS THIS IS WHERE THE EMPLOYER MAINLY STAYS AND RESIDES. CANDIDATE MUST ABIDE TO WHAT SHE AGREES ON WITH THE EMPLOYER AND MUST ALSO UNDERSTAND THAT TOO.

* Candidate must be free, able/used to relocate and work away from home for long periods. She Must be Diverse in many Ways, Well Cultured and it Must Be Easy for her to Relocate, Live with and Adapt to Different Countries, People and Cultures that are completely Divergent and Different to hers easily and fully understands and accepts that. She Must, Respect Different Religions, Beliefs and Traditions that are Unlike/Different to hers too. Candidate must know how to make use of her time and can enjoy her own company as well.

* Candidate will be working six days per week. Employer is flexible, so candidate might/can have an extra day off or some extra free time, but this will surely depend on employer's needs, priorities and the

agreement made between employer and candidate.

* Candidate MUST please also understand, that this position is NOT for someone who enjoys drinking, partying, gatherings, too much outings and frequent socializing. She must know that this position is only for serious candidates or applicants. Nevertheless, candidate will have her own/personal time to do her own things and attend to her needs. She can For instance: either relax, rest, unwind or go to the spa to pamper herself, go shopping, explore the city, or meet up with some friends, ...etc. In other words, she can simply do whatever activities/routines she enjoys according to her needs, desires and preferences, as long as it doesn't overlap with her job, working hours and the rules and policies of the country. If candidate feels that she sometimes needs more free or personal time, it's not a problem, as the employer is flexible. A plan can be made or worked-out, based on a mutual understanding and agreement between employer and candidate regarding this matter, which will be discussed at that time.

* Candidate also needs to know how to use her time wisely, effectively and should be able to keep herself busy and enjoy her own company.

*** CANDIDATE WILL WORK ON THE EMPLOYER'S PREMISES AND NOT IN A YOGA STUDIO, SPA, SCHOOL, INSTIUTE, ...ETC., and WILL SPEND MOST OF HER TIME IN SAUDI ARABIA WITH THE EMPLOYER. SHE WILL TRAVEL WITH THE EMPLOYER WHEN THE EMPLOYER TRAVELS AND FOR HER LEAVE OR HOLIDAY OF COURSE BUT SHE MUST KNOW THAT SHE WILL SPEND MOST OF HER TIME IN SAUDI WITH THE EMPLOYER AS, THIS IS WHERE THE EMPLOYER MAINLY STAYS AND RESIDES. CANDIDATE MUST ABIDE TO WHAT SHE AGREES ON WITH THE EMPLOYER AND MUST ALSO UNDERSTAND THAT TOO.**

* Salary is negotiable based on qualifications and experience.

* All of the above and further terms of employment will be discussed during the interview, as well as any other matters, queries and concerns candidate has.