

Monday, January 8, 2024

## Seeking creative contemporary pilates/ strength training

Company: Brooklyn Flow

Location: Brooklyn, NY

Compensation: \$60- \$120 per hour class depending on attendance

► [Share](#) | [Print](#) | [Download](#)



Brooklyn Flow is seeking a smart, creative contemporary pilates and strength training teacher to lead our Mindful Strength class. Grounded in mindful technique, biomechanics and controlled movement sequences, Mindful Strength pilates mat classes are designed for core stabilization, improved posture and overall enhanced body strength. This class employs gravity, resistance bands, and small pilates props to challenge stabilizing muscles while recruiting core strength for optimum health.

Brooklyn Flow (formerly Bend + Bloom) opened in 2008 in Park Slope, Brooklyn. We are a thriving community of yoga teachers, movement enthusiasts, and curious practitioners.

Primary class times we may add are Saturday or Sunday at either 11:45am or 3pm and there is a possibility for a weekday class as well down the road.

Please submit your resume and a short message about your approach to teaching, specific availability (based on the times mentioned above) and interest to [hello@brooklynflow.com](mailto:hello@brooklynflow.com)

Short auditions will be scheduled asap.

Please no phone calls.

Brooklyn Flow  
198 5th Ave  
Brooklyn, NY, 11217  
917-274-7298  
<https://brooklynflow.com/>

For more information:  
Amy Suplina  
[hello@brooklynflow.com](mailto:hello@brooklynflow.com)

[< back](#)

[previous listing](#) • [next listing](#)