



CAREER PATHWAY

INMOTION Lancaster

FIND OPENINGS: inmotionlancaster.com

Business Description

INMOTION Lancaster is a woman-owned studio specializing in Self Defense, Yoga, and Dance. Rooted in empowerment and healing, we are committed to building a safer, more connected community. Through trauma-informed movement practices, we help individuals reconnect with their strength, creativity, and resilience. Our space is intentionally inclusive—designed to honor every body and every story. At INMOTION, movement becomes more than exercise—it's a path to wellness, growth, and personal transformation.

Knowledge, Skills, and Abilities Needed

We're looking for individuals with a deep understanding of trauma and the ability to create safe, consent-centered spaces. Strong skills in at least one core modality—yoga, dance, or self-defense—are essential, along with a commitment to ongoing learning. Candidates should use inclusive, empowering language that respects autonomy and cultural diversity. Lived experience or strong community connections are highly valued, as is a collaborative, compassionate mindset rooted in healing-centered work.

Connect with us on Social Media!



[@InMotion](https://www.facebook.com/InMotion)



[@INMOTION Lancaster](https://www.instagram.com/INMOTION_Lancaster)





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TEACHER /
INSTRUCTOR

As a teacher, you'll lead your own trauma-informed classes and collaborate with the INMOTION team. Communicate clearly, hold space with care, and manage class logistics professionally. Stay aligned with our mission of healing, equity, and empowerment while continuing to grow through feedback and community connection.



ASSISTANT

With certifications in place, begin assisting lead instructors in classes, workshops, or community outreach. Help set up and support sessions while gradually guiding warm-ups or small segments. Offer movement-based sessions in safe spaces to build your confidence. This is a time to learn hands-on, listen deeply, and connect with communities through presence and compassion.



INTERN

Earn certifications in your chosen discipline (e.g., 200-hour yoga, self-defense training, or dance education) and complete trauma-informed teacher training. Get involved in community events or INMOTION programs to deepen your understanding.



START

STUDENT

Start by taking trauma-informed yoga, dance, or self-defense classes to build foundational knowledge and body awareness. Choose inclusive, safe spaces to experience supportive environments. Observe teaching styles and reflect on how movement supports your healing—this shapes your future teaching voice.