



# The Confederated Tribes of the Colville Reservation

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## Request for Proposal

Mindful Families, Healthy Lives: The Omak Tribal Head Start Yoga Journey  
Colville Tribes Omak Tribal Head Start

### General Information:

Posted Date: January 23, 2024

Closing Date: February 1, 2024 at 5:00PM PST

Bid Opening Date: February 6, 2024 at 9:00AM PST

### Description:

The Colville Confederated Tribes invite experienced and qualified Yoga Instructors/Facilitators to submit quotes for the "Mindful Families, Healthy Lives: The Omak Tribal Head Start Yoga Journey," a two-part series sponsored by the Colville Tribes' Omak Tribal Head Start. The events are scheduled for February 22, 2024, at 10:00 AM and February 23 at 3:00 PM. This will take place in Omak, Washington, location of your choice.

### Scope of Work:

The selected Yoga Instructor/Facilitator will be responsible for providing an engaging and inclusive experience for approximately 35 Head Start students and 30 attendees from the community. The ideal candidate should demonstrate expertise in instructing yoga and collective mindfulness practices, fostering well-being, and promoting healthy relationships among children, young mothers, and community members.

### Event Details:

The event comprises two separate sessions:

1. Omak Head Start students (35 slots maximum).
2. Pregnant mothers, young parents, and community members (30 slots maximum).

The Yoga Instructor/Facilitator is expected to design and conduct sessions that allow participants to engage in experiential learning through yoga and self-care activities focused on advocacy and healthy practices. We are looking for an individual with experience who exhibits a growth mindset when interacting with all participants and emphasizes the significance of mental, physical, and spiritual well-being.

### DAY 1:

#### Event Schedule for Omak Tribal Head Start Students (February 23, 2024 @ 10:00 AM - 12:00 PM):

- Yoga Adventure: Engage the young participants with an interactive and playful yoga session designed specifically for 30 children aged 3-5 and 10 staff members, promoting flexibility, coordination, and mindfulness.
- Musical Harmony Session: Introduce a lively and age-appropriate musical experience to foster relaxation and mindfulness, creating a soothing atmosphere for young minds.
- Wellness Goodie Bags: Craft and distribute wellness-themed goodie bags, filled with fun and educational items to encourage healthy practices and exploration.
- Storytime Circle: Gather the children for an interactive storytime session, combining tales of wellness and positivity to inspire imagination and community spirit.
- Healthy Snack Break: Provide nutritious snacks, creating a social space for the little ones to enjoy and share their experiences, fostering a sense of togetherness.

### DAY 2:

**Event Schedule for Community (February 23, 2024 @ 12:00 PM - 3:00 PM):**

- Yoga Session: Conduct an engaging yoga experience tailored for pregnant mothers, young parents, and community members, limited to 30 participants.
- Sound Oasis: Deliver a revitalizing sound bath for relaxation and mindfulness, catering to the diverse needs of participants.
- Mindfulness Meditation: Lead a meditation session aimed at promoting mental wellness for individuals in various life stages.
- Wellness Goodie Bags: Curate and distribute thoughtful gift bags filled with wellness items, enhancing participant engagement and satisfaction.
- Community Dialogue: Facilitate an inclusive and supportive discussion, fostering sharing and community building among attendees.
- Social Nourishment: Establish a warm and inviting atmosphere for social interaction over refreshments, encouraging a sense of community among participants.

**Submission Guidelines:**

Interested Yoga Instructors/Facilitators are invited to submit a comprehensive quote, including:

1. Detailed Approach: Outline your approach to conducting engaging and inclusive yoga sessions for the specified audience.
2. Qualifications: Provide information about your experience, certifications, and any relevant training.
3. Cost Proposal: Clearly outline your fees, including any additional costs related to materials or travel. Please separate expenses for day 1 and day 2.
4. References: Include references from previous clients or participants attesting to your expertise and effectiveness.

**Evaluation Criteria:**

The submitted quotes will be evaluated based on the following criteria:

Demonstrated Expertise (30 points):

- Experience in instructing yoga and mindfulness practices.
- Knowledge of age-appropriate yoga techniques for children and adults.

Inclusive Approach (20 points):

- Ability to create an inclusive and welcoming environment for participants of diverse age groups and backgrounds.
- Incorporation of practices that promote inclusivity and cultural sensitivity.

Qualifications (20 points):

- Relevant certifications in yoga instruction.
- Any additional training or qualifications related to wellness and mindfulness.

Cost Proposal (20 points):

- Clarity and reasonableness of fees for both day 1 and day 2 sessions.
- Transparency in outlining any additional costs related to materials or travel.

References (10 points):

- Positive feedback and references from previous clients or participants attesting to the instructor's expertise and effectiveness.

**Submission Deadline:**

Quotes must be submitted to Dorthey Zacherely at [dorthey.zacherely@colvilletribes.com](mailto:dorthey.zacherely@colvilletribes.com) by February 1, 2024, at 5:00PM PST. Late proposals will not be opened and will not be considered.

For clarifications or questions please contact Keith Matt, Omak Site-Supervisor at [keith.matt.hds@colvilletribes.com](mailto:keith.matt.hds@colvilletribes.com) and phone: (509)-422-7707.

We look forward to receiving your quotes and appreciate your interest in contributing to the Colville Tribes' Omak Tribal Head Start "Mindful Families, Healthy Lives: The Omak Tribal Head Start Yoga Journey." Thank you for your time and consideration.