



ENERGY EXCHANGE PROGRAM APPLICATION

Personal Information:

Name: _____ Date: _____ Phone: _____
E-mail: _____ Occupation: _____

1. Why Selfless Love Yoga? Have you taken classes at our studio before?

2. Why did you decide to apply for our Energy Exchange Program?

3. Do you engage in any spiritual practices? What are they and how are they important to you?

4. What are your interests outside of yoga?

5. Is there anything that you think might interfere with completing your energy exchange position such as school, work commitments, family obligations, etc.?

6. Do you have any similar experience working in a yoga studio?

7. What do you hope to gain from participating in the Energy Exchange Program at the studio?

Energy Exchange Program:

Shifts will vary based on what is needed in the studio at the time. Please check off ways in which you would be *happy* to participate in our program. Many shifts will include multiple responsibilities.

- Desk Help: Opening the studio/signing students in (this shift will often be combined with light cleaning & must be accompanied by strong computer skills)
- Housekeeping: Cleaning, sweeping, dusting, mopping, laundry, etc.
- Office Work: (must have strong computer skills)
- Events: Helping to set up/check-in and/or break down of special events/workshops
- Marketing: Making flyers, email blasts, social media, photography (must have experience/portfolio)

How many hours are you interested/available to work each week? _____

Please list the days/times you are available:

Monday _____ Tuesday _____ Wednesday _____
Thursday _____ Friday _____ Saturday _____ Sunday _____

Reference:

Name: _____ Relationship: _____
Email: _____ Phone: _____

Emergency Contact Information:

Name: _____ Relationship: _____ Phone: _____

Please list any medical conditions or disabilities we should know about.

Program Expectations:

As an Energy Exchange Yogi, you will be required to work "x" hours a week depending on the exchange agreed upon in your contract. Your responsibilities will vary based on your personal agreement, but may include a wide range of cleaning duties around the studio, laundry, organizing and general studio assistance when required, administrative work, checking-in students, running the boutique, etc. In return, you will receive free yoga. In order to be a full time EE Yogi, you must commit to 4.5 hours of work exchange each week. This exchange will provide you with free unlimited yoga, member workshop pricing (and sometimes opportunities to do one for free), as well as 15% off items in our boutique.

You will be committed to helping Selfless Love Yoga build and foster a sense of loving community. Part of your responsibility (depending on your contract) will be to provide customer service in a warm, friendly and helpful manner. You will be bringing a positive attitude to each energy exchange shift.

You must be punctual and reliable. This position must be treated as a job and Energy Exchange Yogis must arrive on time for their shifts, as it allows the studio and the program to run smoothly. You will be fully responsible for your shift each week. If you cannot make a shift, it is up to you to get that shift covered. If you're unable to find a replacement for your shift, we will help you.

We require a 3-month commitment from all Energy Exchange Yogis at the start of their contract, but you are more than welcome to stay as long as you'd like. If you can no longer commit to the program, we ask that you provide us 2 weeks notice.

After submitting an application, you will be contacted for a brief interview. While opportunities may not always be readily available, we will be continually accepting applications for our EE program. The Energy Exchange Program at Selfless Love Yoga is very special both to the studio and to the members of the Energy Exchange itself. It is great to share in the atmosphere and healing at Selfless Love and to continue your regular yoga practice.

We are excited to grow our little yoga family and looking forward to seeing your smiling faces around the studio in the future!