



Life Yoga Energy Exchange Application

Name: _____

Email: _____

Phone: _____ Date you can start: _____

Please place a number in the shift(s) are you available for in order of preference

1 = the most preferred shift you are available to work, 2 = second most preferred shift you are available to work, etc.

	MON	TUES	WED	THUR	FRI	SAT	SUN
8AM-11AM							
11AM-2:00PM							
2-5PM							
5-8PM							

PLEASE ANSWER ALL QUESTIONS IN THE SPACE PROVIDED

1. Let us know about your yoga background. How long have you been doing yoga and which styles have you practiced? What is your current practice? What yoga resources have you read, listened to, watched, or otherwise used? What are your favorites and why?

2. How do you enjoy spending your free time?

3. Have you had many experiences working with the general public?

LIFE YOGA ENERGY EXCHANGE APPLICATION

4. Let us know about your experience with Life Yoga. Which teachers do you practice with and why do you enjoy their classes?
5. How did you hear about our Energy Exchange program?
6. What do you hope to gain from participating in the Energy Exchange program at the studio?
7. What might interfere with completing your Energy Exchange position (school, work, family, etc.)
8. We are interested in hiring people who can stay on and progress with Life Yoga. What are your plans for the future? Do you consider this a short-term job or are you interested in working with Life Yoga for a longer time?
9. Is there anything else that we need to know regarding your application?

ALL INFORMATION IS KEPT CONFIDENTIAL

Please email completed application to info@thisisyourlifeyoga.com or drop it off in the studio Monday-Friday from 8:30am-4:30pm.