



# PranaShanti

## Yoga Centre

Volunteer some time and positive energy once a week at the studio in exchange for unlimited yoga! Our energy exchange program is a great way to be an active member of our yoga community, and to get to know teachers and your fellow yogis. Shifts are 4 hours long and are on the same day and at the same time every week.

Do keep in mind that we ask our volunteers for a 4-month commitment, so please do not select shifts you know you are unable to commit to for an extended period of time.

*Namaste and Sat Nam*

## Energy Exchange Program Application

name: \_\_\_\_\_ phone number: \_\_\_\_\_

email: \_\_\_\_\_ emergency contact: \_\_\_\_\_

when can you start? \_\_\_\_\_

Below are the shifts we currently offer to our volunteer, please circle any shift that you could potentially work. The more available you are, the faster we may be able to find place for you in our program.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
X	12-4pm	12-4pm	12-4pm	12-4pm	12-4pm	9:30-12:30pm
3:30-7:30pm	5:30-9:30pm	5:30-9:30pm	5:30-9:30pm	5:30-9:30pm	5:30-9:30pm	X

<b>STAFF USE ONLY</b>	
<b>DATE APPLICATION RECEIVED:</b>	<b>RECEIVED BY:</b>
<b>NOTES:</b>	

# Questionnaire

Please take the time to answer ALL of the following questions. Incomplete applications may not be eligible.

How did you hear about the Energy Exchange Program?

Email                       Instagram                       Facebook                       Friend

Other: \_\_\_\_\_

Have you ever been to *PranaShanti* before? (please check all that apply)

Drop-in class                       Workshop                       Training                       Other:\_\_\_\_\_

If you have checked any of the above please elaborate below. Which training, workshop or event are of interest to you? Do you have a favourite style of yoga? Etc.

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Please feel free to utilize this space to tell us a little more about you. Specifically, why you are interested in the Energy Exchange Program and why you think you would be a good addition to the *PranaShanti* team.

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Signature: \_\_\_\_\_

Date: \_\_\_\_\_