



PranaShanti

Yoga Centre

Seva Program Application

Seva means selfless service. It is a yogic value and a way to serve and give back to the community. As a Sevdar you become part of the *PranaShanti* Team and share in the positive and uplifting atmosphere of the Centre. You also receive unlimited yoga! This is great way to be an active member in our community and to get to know teachers and fellow yogis. Shifts are 4 hours long on the same day/time each week.

We ask our Sevdars for a 4-month commitment, so please do not select days and times you know you are unable to commit to for an extended period of time.

Namaste and Sat Naam

name: _____ phone number: _____

email: _____ emergency contact: _____

when can you start? _____

Below are the shifts available. Please circle any shift that you could potentially serve. The more available you are, the faster we can find space 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

STAFF USE ONLY	
DATE APPLICATION RECEIVED:	RECEIVED BY:
NOTES:	

Questionnaire

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

How did you hear about the Seva 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.

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

Signature: _____

Date: _____