

# Karma Yoga Application Form

Karma Yoga: Yoga of action and selfless service.

In exchange for yoga, yoga series, staff discounts on workshops, and potential for discounts on teacher training programs at Pranayoga School of Yoga and Health you will donate your time and energy in assisting our students, teachers, and community flourish.

Let us know a bit about yourself, your goals, and your availability to work two 5-6 hour desk shift per week, for a 1 year commitment or beyond, in exchange for unlimited yoga and above mentioned perks at the studio.

**Our support staff is a vital part of our community. It takes full commitment and an ability to hold space effectively for our students and staff. We serve various populations in the community, including those with cancer, chronic illness, trauma, addiction, etc. that require sensitivity , privacy with personal information, and attention to detail (i.e, keeping the studio space clean and sanitary for those with compromised immune systems, being sensitive with our language and in our communication, etc.)**

Your service is valued, and spots available are limited, so full commitment and the ability to go above and beyond what is required is necessary. We encourage karma staff to grow and expand in their positions (most of our managers and teachers started in this same position!) and encourage open communication in how we can support you best in your journey.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Cty/State/Zip: \_\_\_\_\_

Email: \_\_\_\_\_

1. Please provide what times and days you are available. Please keep in mind most shifts are 5-6 hours, and two shifts per week are required.

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2. Please list any special skills or experience you may have that could be useful in your position at Prana.

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3. Please list 3 references that we may contact :

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4. Finally, please provide a short essay or your thoughts on how you see yourself growing in the yoga community, or what some of your goals are: