



## Energy Exchange Work Study Outline

As part of our commitment to offer yoga to whomever desires to study, we have a few programs available to assist with class payments. Our Energy Exchange Work Study Program allows individuals to work at the studio in exchange for unlimited classes. In addition, you will deepen your practice and understanding of living a yogic lifestyle in a once a month specialized workshop exclusive for Samatva Energy Exchangers, teachers and staff (value +\$40 each).

### Our Work/Study program is a great opportunity for:

- Someone who loves doing yoga on a regular basis (and enjoys our classes and yoga community)
- Someone who might some day want to work in a yoga or fitness studio
- Someone who might some day or currently wants to get certified to teach yoga
- Someone who may some day want to own or run a yoga or fitness studio
- Someone who wants to practice Karma Yoga by offering service to others
- Someone who wants to be part of a supporting community and gain hands on experience on sales/marketing/customer service, etc

### We are looking for individuals who.....

- .....are friendly, warm, and welcoming as they interact with guests of our studio
- .....would like to share their enthusiasm for yoga, health, and well-being with others
- .....are able to fully commit to the program for a minimum of 3 months
- .....are committed to deepening their yogic studies with a minimum of 2 yoga classes per week
- .....are able to commit to one shift at the same time every week (3 hours)
- .....are available to sub/swap for a fellow Work Study participant at least once a month

### In return for your time and energy you will receive:

- FREE unlimited Yoga classes from our regular schedule (excludes workshops, specialty series, and trainings but includes once a month exclusive workshop)
- a welcoming community at our studio
- occasional discounts on workshops, series, & trainings
- first consideration for paid positions at the studio
- very good Karma :)



# Energy Exchange Work Study Application

Please answer the following questions:

Why are you applying to the Samatva Yoga Energy Exchange Work Study?

---

---

---

---

Have you done yoga before?

Yes  No

If Yes, please describe your experience doing yoga. How long? What type? Your preferences? Have you practiced in a hot yoga room before?

---

---

---

Have you taken a class at our studio before?

Yes  No

Do you have First Aid + CPR

Yes  No

Do you speak French?

Yes  No

Have you ever worked or volunteered in another yoga studio before?

Yes  No

If so, please share more details:

---

---

Have you ever worked reception? Data entry? Answering phones? Greeting customers? Selling?

Have you ever us MindBody and are you comfortable with this application?

Please rate your Reliability and Dependability for showing up to agreed upon times?

Excellent  Good  Fair  Need to Improve

Please rate your Punctuality with regards to arriving on time to agreed upon shifts?

Excellent  Good  Fair  Need to Improve

What type of person are you?

- I am an early bird (Typically awake and ready by \_\_\_AM)
- I am a regular day person (Typically awake and ready around \_\_\_AM)
- I am a night owl (Typically not awake ad ready before \_\_AM)

How far do you live from the studio?

West End \_\_\_\_\_

Downtown \_\_\_\_\_

How do you get to the studio? \_\_\_\_\_

Do you drive/have a car?

Yes  No

What is the best way to contact you?

\_\_\_\_\_

What best describes your response time to messages (emails/voice messages/texts?)

- I usually respond very quickly (within a couple of hours)
- I usually respond the same day
- I usually respond the same week

Tell us a little bit (more) about yourself. Please fill all lines.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**The Samatva Yoga Energy Exchange Work Study consists of cleaning tasks and/or front desk administrative tasks.**

Are you comfortable cleaning all spaces in a studio including Bathrooms, Changerooms + Laundry? Yes  No

Have you ever done cleaning work before? Yes  No

If Yes, please describe your experience:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Are you comfortable greeting clients at the front desk and using the computer system to register students in and out and accept their payments? Yes  No

Have you ever done front desk/client facing before? Yes  No

If yes, please describe your experience:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

It's important to know going in to this program that this is **NOT A VOLUNTEER** position. It is an equal exchange of energies. It is hard work. The Energy Exchange position requires commitment, strong work ethic, and positive energy. It's also a great way to get to know your teachers and be a part of our amazing Samatva Yoga Community.



## Energy Exchange Work Study Contract

### I understand that I am working while at Samatva Yoga. Energy Exchange Work Study Duties + responsibilities include and are not limited to:

- Punctuality, Dependability and Reliability are extremely important.** I will arrive on time and remain until the end of my shift.
- I acknowledge that I am responsible to work my shift each and every week. In the event that I am unavailable for my shift, it is my responsibility to find a replacement and to ensure that the replacement shows up on time for my shift.
- I am aware that I need to make up hours that are missed and it is my responsibility to take someone else's shift as soon as possible.
- I understand all the tasks require during my shift and commit to completing all the tasks on time.
- I will not use the studio computer for personal use.
- I will at all times be positive and friendly during my shift with staff and students.
- I will at all times promote and speak positively about Samatva Yoga of which I am a member.
- I will practice regularly at the studio. A minimum of 1-2 classes per week (and up to as many and you'd like)
- I will provide a minimum of 2 weeks' notice when I leave the Samatva Yoga Work Study Program
- I am committed to a minimum 3 month contract with 3.5 hours in studio each week
- I will attend monthly deeping workshop when scheduled (Sunday evening one per month – 6 weeks)
- I am comfortable being the last person in the studio on shift
- I am flexible and understand that my duties may change over time.
- I will offer feedback :)

Please provide references:

Name	Contact Info	Relationship

### I'm in, Committed and Ready to Begin I Sign Me Up!

I, \_\_\_\_\_ (**name**) have read and understand all the above requirements that Samatva Yoga is looking for in a participant of the Energy Exchange Work Study. Today is \_\_\_\_\_ (**date**) and I am committing to a minimum of 3 months (1 shift per week, 3 hours per shift). This means that from today I am committed to working at Samatva Yoga until \_\_\_\_\_ (**minimum 3 month commitment date**). I understand that I can continue after this date.

In the case that I fail to complete my base commitment – for whatever reason - I authorize Samatva Yoga to charge my provided credit card a fee of \$100+ HST for my use of studio classes. After my 3 month period – this pre-authorized payment is void unless I fail to provide 2 weeks notice.

**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**VISA or MC #:** \_\_\_\_\_ **Expiry** \_\_\_\_\_ **CVV** \_\_\_\_\_

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

Welcome to the team, we are so excited to share what we love with you and thank you so much for helping us run the studio as smoothly as we can. You are an absolute asset to the functioning of Samatva Yoga and we couldn't do it without all of our amazing Energy Exchangers.

**Date Hired:** \_\_\_\_\_ **Hiring Staff:** \_\_\_\_\_ **Signature:** \_\_\_\_\_