



Work Exchange Program Application

Today's Date: _____

PERSONAL INFORMATION

Name _____

Address _____

Email _____

I would like to receive Work Exchange Program service opportunities and announcements through email.

I would like to receive the IYI Program Guide events flyer through email.

Phone H () _____ Cell () _____ W () _____

Occupation(s) _____

Date of Birth (optional) _____

(Please include a photo
of yourself if available)

BACKGROUND INFORMATION

1. How did you hear about Integral Yoga Institute? _____

2. How long have you been coming to Integral? Please list Integral Yoga classes, workshops, retreats, or programs that you have attended and any previous work exchange positions held at IYI.

3. Do you engage in any spiritual practices? What are they and how are they important to you?

4. What attracts you to the Work Exchange Program. _____

WORK EXCHANGE PROGRAM: REGULAR SHIFTS AND SUBBING OPPORTUNITIES

Regular Shifts—Two to Three Hours a Week

If you are interested in serving regularly in a kitchen or bookstore position, please check those areas that interest you:

_____ **Kitchen** – Our cook and production team prepare vegetarian meals for our staff, teachers and guests. Lunch is served Monday through Saturday 1 – 2 p.m. There are three Work Exchange positions to choose from. Please rank in order of your preference:

___ Prep cooks from 10 a.m. – 1 p.m.

___ Clean up (includes dish washing) starts at 1:45 p.m. and ends at 3:45 p.m. or before. (*One pass for one hour of service*)

Lunch is included to work exchange staff on the day they participate.

_____ **Bookstore** – Sharing space with the Integral Yoga Institute, the Integral Yoga Bookstore has a select assortment of the finest books on yoga, spiritual growth, and holistic health, as well as yoga props and supplies. We also carry devotional altar statues, bells, and sacred imagery jewelry, cards and gifts. Work exchange participant's responsibilities include alphabetizing books, dusting and deep cleaning of shelves, and labeling/shelving books and products. For those participants who maintain a steady and regular schedule, more involvement in special projects and database management will be possible. Shifts are one-and-a-half to three hours. The bookstore is open seven days a week: Monday–Thursday 8:45 a.m.–8 p.m., Friday–Saturday 8:45 a.m.–9 p.m., Sunday 9:45 a.m. – 6:30 p.m. (*Sundays in August 9:45 a.m.–2:30 p.m.*)

Subbing Opportunities—A Few Hours (from time to time)

If you are interested in contributing a few hours of your time, please check those areas that appeal to you:

- _____ **Events** – helping with set up, greeting, and breakdown of special events, concerts and kirtans.
- _____ **Office Work** – clerical duties, photocopying, and mailings
- _____ **Housekeeping** – cleaning, vacuuming, and dusting
- _____ **Miscellaneous** – running errands, special projects, support staff in whatever may be needed
- _____ **Kitchen/Bookstore** – contacted when there is a cancellation for any of our positions
- _____ **Other Skills** What special work skills, talents, hobbies you have that you might wish to make use of at the IYI? Please list work experience, certifications, diplomas, or licenses you have.

What is your desired length of participation in the Work Exchange Program? _____

How many hours are you interested in working each week? _____

What days and times are you available:

Monday _____ Tuesday _____ Wednesday _____ Thursday _____
Friday _____ Saturday _____ Sunday _____

REFERENCE (Professional or Character)

Name _____ Title _____
Company _____ Relationship _____
E-mail _____ Phone _____

EMERGENCY CONTACT INFORMATION

Name _____ Relationship _____
Phone H () _____ Cell () _____ W () _____
Address _____

Please list any medical conditions or disabilities we should know about. _____

Signature _____ Date _____