



Work Exchange Program

the joy of service

The Work Exchange Experience

IYI's goal is to realize the spiritual unity that lies within personal diversity and to live harmoniously as members of one universal family. We aim to keep the senses under total control, maintain optimum health and strength, and live a conscious life filled with supreme peace and joy.

The basic yogic teachings of our founder, Sri Swami Satchidananda, are the guidelines which govern our activities. Karma yoga, or selfless service, is the ideal we strive for in our work. We can turn our work into a spiritual practice which aids the natural unfolding of our innate happiness. Karma yoga teaches that we try to apply our whole selves—body, mind, spirit—without any expectation for the results of our actions.

At IYI, we strive in all of our personal and business endeavors to live as examples of these teachings. To do this, we try to create an environment that is conducive to the attainment of the ultimate goal of Integral Yoga: realization of the True Self. Joining IYI as a Work Exchange participant offers a unique opportunity to benefit from serving alongside other dedicated, hard-working, and like-minded people.

Opportunities for New Learning and Growth

In exchange for your service and to support your process of self-inquiry and personal growth through the practice of yoga, you will receive passes allowing you to take classes and workshops for free. The Institute offers programs to help people develop healthy bodies, minds, and lifestyles. Our most popular program is Hatha Yoga. IYI Hatha Yoga includes physical postures, breathing practices, and relaxation techniques. There are over 100 classes per week to select from. Our workshops include everything from stress management and diet/nutrition to vegetarian cooking, meditation, and scripture study. We also offer kirtans, satsangs, and community gatherings for opportunities of sharing and growth. You will also receive unique opportunities to participate in Work Exchange programs: weekend retreats and social events such as movie nights and potlucks.

Your Commitment to Us

There are two levels of commitment in the Work Exchange Program:

- Regular shifts: Individuals who can make a commitment of two to three hours per week.
- Subbing opportunities: Individuals who can come from time to time.

Our Commitment to You

What we will offer to you:

- Passes to take Hatha classes and many workshops for free (one pass for one-and-a-half hours of service).
- Discounts at the Integral Yoga Bookstore, Natural Foods and Apothecary with six months of regular service.
- Opportunities to learn more about the practice of Karma Yoga and to enjoy programs unique to the Work Exchange program.

How to Apply

If you are interested in applying, please fill out the application form. If you have any questions, call the Work Exchange Coordinator at 212-929-0586 x77 or send an email to WorkExchange@iyiny.org.