



## ENERGY EXCHANGE PROGRAM APPLICATION – STITTSVILLE

name:	phone:
email:	favourite yoga pose:
emergency contact:	

Are you willing to work at our Preston Street Location if there are no positions available? \_\_\_\_\_

When can you start working? \_\_\_\_\_

Here are the shifts that we currently offer at our Yogatown Stittsville Street location.

**Circle each shift you can work.**

NOTE: You should circle all shifts you can potentially work. The more availability you have, the quicker we can get you in the program. Do not apply if you cannot choose more than one shift on this list. Remember that this program requires a 3 month minimum commitment, so select shifts you can commit to for the next 3 months.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
9am - 12pm	9am - 12pm	9am - 12pm	9am - 12pm	9am - 12pm	9am - 12pm	9am - 12pm
1 - 4pm	1 - 4pm	1 - 4pm	1 - 4pm	1 - 4pm	12:30 pm – 3:30 pm	12-3 pm
4 – 7pm	4 – 7pm	4 – 7pm	4 – 7pm	5 – 8pm		3-6 pm
7 - 10pm	7 - 10pm	7 - 10pm	7 - 10pm			

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

## QUESTIONNAIRE

Please answer ALL of the following questions. We're looking for real people with honest answers, so don't be afraid to share. Incomplete applications may not be accepted.

Have you done hot yoga before? \_\_\_\_\_

Have you taken a class at Yogatown before? \_\_\_\_\_

Have you done volunteer work before? \_\_\_\_\_

How did you hear about the Energy Exchange Program? \_\_\_\_\_

Why are you applying to the Energy Exchange Program?

---

---

---

Tell us about your most memorable yoga experience. What made it special? How did you feel?

---

---

---

What do you like to do for fun? Do you have any special interests or hobbies (other than yoga)?

---

---

---

The majority of the work you will do involves cleaning the studio. It is a physical job and can sometimes have you cleaning so gross stuff. Is there anything you won't clean?

---

---

---

Is there anything else you'd like to add?

---

---

---

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date