



ENERGY EXCHANGE PROGRAM APPLICATION – PRESTON

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

Can you work at our Barrhaven or Stittsville Locations if there are no positions available? _____

When can you start working? _____

We are open 7 days a week with various class times throughout the day and evening.

Please let us know what days and times in 3hr blocks you are available.

Please input your availability in the chart below.

NOTE: You can input ALL shifts you can potentially work. The more availability you have, the quicker we can get you in the program. Remember that this program requires a 3 month minimum commitment, so select shifts you can commit to for the next 3 months. **Preston does not currently offer weekday morning shifts.**

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Morning <i>ex: 9:30 - 12pm</i>							
Mid-Day <i>ex: 1-3:30pm</i>							
Early Evening <i>ex: 5:00 - 7:30pm</i>							
Evening <i>ex: 7:30 - 10pm</i>							

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 yoga or been to 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