



**ENERGY EXCHANGE APPLICATION FORM**

**Name:**

**Date:**

**Email:**

**Phone:**

**1) Shifts are 4 hours long, either 9:30 am-1:30 pm, or 5 - 9 pm. When are you available?**

**2) What is your occupation? (Full-time, part-time, freelance, student, unemployed)**

**3) How did you hear about the Energy Exchange Program?**

**4) How long have you been practicing yoga? How often do you practice?**

**5) What do you hope to gain from the Energy Exchange Program at the studio?**

**6) What past/present school/work/life experiences can you bring to the Energy Exchange Program?**

**7) What are your interests outside of yoga?**

**8) Are you able to make a minimum 4 month commitment?**