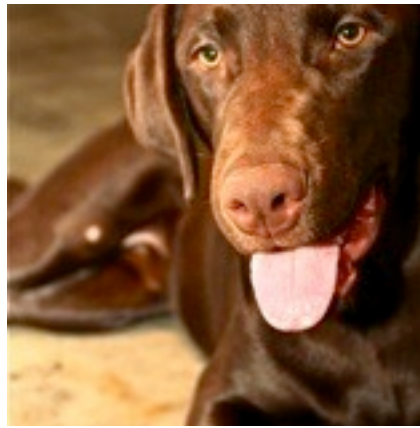


calm mind.  
fit body.  
inspired life.



energy exchange  
application form

moksha yoga winnipeg

# understanding energy exchange program expectations.



- 🔥 Each shift your duties will include a wide range of cleaning duties, laundry, organizing and general studio assistance when required.
- 🔥 Committed to helping MYW build, and foster a sense of community. Part of your responsibility will be to provide customer service in a warm, friendly and helpful manner.
- 🔥 Keeping with the environmental guidelines of the studio, we ask that you use reusable water bottles and dishes when possible. Our first choice is to reduce. If this is not available, re-use and as a last option please remember to recycle.
- 🔥 Please leave cell phones upstairs & turned OFF. **It is not appropriate to be on shift and checking texts, voicemail or email.** There should also be no use of the studio computer for personal use [emails, facebook, twitter, ect.].
- 🔥 Bring a positive demeanor to each Moksha shift. We expect positive attitudes from anyone representing the studio, it makes it a great place to be. We realize that it may be a hard thing to do at times, but it is an important part of the position.
- 🔥 Honesty, trustworthiness and reliability are expected. Theft will result in a ban from the studio entirely. If needed, the proper authorities will also be called in.
- 🔥 **You should try to participate in as many classes as possible. We want you to be rewarded and compensated for your contribution to the energy exchange program, as you will be a part of what makes MYW such a great place.**
- 🔥 You are responsible for your shifts each week. If you cannot make a shift, it is up to you to get that shift covered with a fellow energy exchanger. If that exchanger misses the swap, you will be responsible for the missed hours. The person you swapped with will also owe the studio 4 hours.
- 🔥 It is important that you begin your shift on time, as the program runs more smoothly when you do so. If you are late, you are expected to stay at the end of your shift to make up the time.

\_\_\_\_\_  
INITIAL

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INITIAL

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INITIAL

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INITIAL

## reporting relationship

- 🔥 Immediate concerns of a day to day nature should be addressed to your EE Director Jessica Ryan (JR)

**I agree with the conditions of the Energy Exchange Program and will abide by the guidelines set in this contract.**

Print Name	Participant Signature	Date
Moksha Representative	Signature	Date

# 2010 application.



name.	home phone.	cell phone.
email [please print].		t-shirt size.
loop applying for. <input type="checkbox"/> Sept 6 - January 8, 2011		

Please review the below Energy Exchange Shifts and provide us with **your top 2-3 options that will work for you each and every week during your loop.**

In the column “#” below, rank 1 as your top choice and 3 would be your last choice.

Please review your schedule carefully. Do you have trips planned during your loops? **Do they conflict with your #1 shift choice?** Be aware of what times you are picking and how they fit into your life right now.

## available shifts at moksha on donald

day	shift one	#	shift two	#	shift three	#
mon	9:00 AM - 1:00 PM		2:00 - 6:00 PM		6:30 - 10:30 PM	
tue	9:00 AM - 1:00 PM		2:00 - 6:00 PM		6:30 - 10:30 PM	
wed	9:00 AM - 1:00 PM		2:00 - 6:00 PM		6:30 - 10:30 PM	
thu	9:00 AM - 1:00 PM		2:00 - 6:00 PM		6:30 - 10:30 PM	
fri	9:00 AM - 1:00 PM		2:00 - 6:00 PM		6:30 - 10:30 PM	
sat	9:30 AM - 1:30 PM		3:30 - 7:30 PM			
sun	9:30 AM - 1:30 PM		3:30 - 7:30 PM			

## available shifts at moksha on waverley

day	shift one	#	shift two	#	shift three	#
mon	9:30 AM - 1:30 PM		2 PM - 6:00 PM		6:30 - 10:30 PM	
tue	9:30 AM - 1:30 PM		2 PM - 6:00 PM		6:30 - 10:30 PM	
wed	9:30 AM - 1:30 PM		2 PM - 6:00 PM		6:30 - 10:30 PM	
thu	9:30 AM - 1:30 PM		2 PM - 6:00 PM		6:30 - 10:30 PM	
fri	9:30 AM - 1:30 PM		2 PM - 6:00 PM		6:30 - 10:30 PM	
sat	9:30 AM - 1:30 PM		2 PM - 6:00 PM			
sun	9:30 AM - 1:30 PM		2 PM - 6:00 PM			
<b>cafe shifts</b>						
fri	6:30 - 10:30 PM					
sat	11 AM - 3 PM					
sun	11 AM - 3 PM					

application questionnaire.



**Why have you chosen to apply to this program?**

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**Describe one of the most memorable class experiences you've had.**

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**What is your favourite posture in the Moksha sequence?**

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**Please provide two character references.**

reference one.	contact #.	relationship.
reference two.	contact #.	relationship.

**Any other questions that you would like to add?**

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