# Work Exchange Application

The Integral Yoga® Institute offers opportunities for Hatha Yoga students to work in exchange for free attendance at Hatha Yoga classes. Students earn one free class for each hour of service.

Please fill out the below information and we will contact you when an opportunity arises.

Date E-mail_____

Name

Address

City State Zip

Home Phone (_____) Work Phone (_____)

Length of time doing Hatha Yoga Length of time doing Integral Yoga

| | Professional or Highly Experienced | Some Experience | No Experience |
|---|---|---|---|
| House Cleaning | | | |
| Vegetarian Cooking | | | |
| Graphic Design | | | |
| Reception | | | |
| Videography/Photography | | | |
| Video/Sound Editing | | | |
| Gardening | | | |
| Painting | | | |
| Home Repair/Carpentry | | | |
| Plumbing/Electrical | | | |
| Sound systems | | | |

Describe any other skills or interest that may be useful to the Institute

Please indicate days and times you are available to work

Please leave this form with the receptionist or e- mail to: raama@integralyogasf.org

Raama Das, General Manager, Integral Yoga Institute, 770 Dolores Street,
San Francisco, CA 94110. 415-857-2552