



Energy Exchange Application Form- Modern Body

Name:	Phone:
Email:	Favourite Food:
Emergency Contact (name and number):	

Current available shifts at ModernBody are indicated by the white boxes. Indicate when you can start working. Tell us which shifts you could work by placing a checkmark in the box of each shift you are available to work. If you have a preferred shift, please write the letter "P" on the shifts you prefer. Remember that this is a minimum 3 month commitment, so please review your schedule carefully and only choose shifts that you know you will be able to attend each week for the next 3 months. Shifts are subject to change and are not guaranteed.

I'm available to start working on: (date)_____

SHIFT	Mon	Tue	Wed	Thu	Fri	Sat	Sun
9:30 am - 1:30 pm							
1:30 pm - 5:30 pm							
4:00 pm – 8:00 pm							
7:00 pm - 11:00 pm							
7:30 pm - 11:30 pm							

STAFF USE ONLY

DATE APPLICATION RECEIVED:

RECEIVED BY:

NOTES:

ModernBody Energy Exchange Contract Agreement

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 will not be accepted.

Have you done hot yoga before? Yes No

Have you done volunteer work before? Yes No

Why are you applying to the Energy Exchange Program?

What is your favourite yoga pose and why?

Tell us about one of your one year goals

The majority of the work done in our program is cleaning work. Is there anything that grosses you out or that you won't clean? Do you have other skills or talents you could trade for yoga?

Please provide two character references:

name	contact info	relation to you

ModernBody Energy Exchange Contract Agreement

Please initial after each point and sign your name at the bottom of this contract.

I am committed to stay in the Energy Exchange Program for at least 3 months.

I will arrive for each shift on time and work for the entire duration of my shift (4 hours) each week.

I will attend all mandatory meetings.

I understand that this position involves a wide range of cleaning duties including laundry, toilets, showers, garbage, etc., and I will complete all my assigned tasks on my shift each week.

I will respect the environmental policies of the studio by using reusable water bottles and dishes when possible.

I will not use my cell phone or any other mobile device on my shift, including calls, checking texts, voicemail, email or other forms of social media. I will not use the studio computers for personal use.

I will bring a positive demeanor to each shift and check my attitude at the door.

I understand that if I am caught stealing or doing any other illegal activity at the studio that I will be permanently banned from the studio. If required, proper legal authorities will also be called in and criminal charges may be made.

I will maintain a regular yoga practice at the studio and try to participate in as many classes as possible.

I acknowledge that I am responsible for my shift each week. If I cannot make a shift, it is up to me to get that shift covered with a fellow energy exchanger.

If I or my replacement exchanger misses the shift I will be responsible for the missed hours and my account will be suspended until I make up the time.

I will respect my fellow energy exchangers, teachers, admin, owner and clients.

I will only take class on my shift with the approval of the staff member on shift and I understand that while I am working on my shift, I may be asked to leave the class if there are other clients waiting for a spot.

When I leave the program, I will provide 2 weeks' notice to the Energy Exchange Program Coordinator.

When I am not working on my shift, I understand that I am to act and be treated as a regular client and will follow the same guidelines as all regular clients.

I (print name) _____ hereby agree to the terms and conditions of the Energy Exchange Program as stated above. I acknowledge that failure to comply with any of the above guidelines may result in my immediate termination from the Energy Exchange Program.

Signature

Date