



## Seva Exchange Application

Date: \_\_\_\_\_

Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Email: \_\_\_\_\_

Home phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_

Cell phone: \_\_\_\_\_

Occupation(s): \_\_\_\_\_

This program requires a 3 month commitment. Are you able to commit for 3 months? \_\_\_\_\_

\_\_\_\_\_ Front Desk Sign-in: This volunteer position primarily focuses on greeting students, completing the sign-in process, welcoming new students and managing payments. This position is for someone who is reliable, can multi-task, and is interested in learning the students names and connecting with the community.

\_\_\_\_\_ Cleaning: This volunteer position focuses on keeping Yoga Haven well maintained for everyone. Requirements include cleaning floors and bathrooms, common areas, organizing props and the ability to work independently.

What other skills do you have that may be helpful to Yoga Haven (ie: painting, carpentry, marketing etc)? \_\_\_\_\_

Questions:

1. What would you like to contribute to Yoga Haven?
2. Please list skills from previous work/volunteer experiences that would help you in this volunteer position.
3. Describe one strength and one challenge regarding your communication skills.

References:

Name:  
Company/Organization:  
E-mail:

Title:  
Relationship:  
Phone:

Name:  
Company/Organization:  
E-mail:

Title:  
Relationship:  
Phone:

Agreement:

I give permission to Yoga Haven to contact the people listed in my application as a reference.  
I agree to keep Yoga Haven's student and business information confidential.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Application submission choices:

Email: [info@yogahaven.com](mailto:info@yogahaven.com)

Mail: Yoga Haven, 62 Main Street Tuckahoe, NY 10707