



AWESOME HOT YOGA

Want do participate in a big way? Join the **Awesome Help Program**

Takes a few minutes to print and fill out this application form, and you're on your way!

What is your ideal schedule if you were to be hired at Awesome Hot Yoga? Please specify days of the week and time of those days.

Shifts options (all shifts 3 hours)

Monday to Friday: 10:30am, 4:30pm, 7:30pm

Saturday & Sunday: 10:30am, 3:45pm

Date: _____

Name: _____

Phone #: _____

Email: _____

1. Tell us a little bit about yourself?

2. Why do you want to be a part of our Awesome Help team?

3. Here are a few examples of tasks that our Awesome Help team knocks out during a shift:

- Mop studio floor, reception, and change room
- Do laundry
- Clean toilets, and bathrooms
- Clean mats
- Fold towels
- Greet students
- Help students sign in for class
- Give new students a quick tour of the studio

Please explain why the completion of these tasks is an important part of the students experience at AHY.

4. At AHY we thrive on giving and receiving feedback. What value do you see in giving and receiving feedback?

5. What do you hope to contribute to the AHY community and what do you feel is your strongest character trait?
6. What brought you to your first hot yoga class?
7. What is your favorite animal and why?
8. What was the best job you ever had? What did you like most about it?
9. What is the most important thing you have learned from your yoga practice?
10. Is there anything that you think might interfere with your commitment to the Awesome Help Program? And if so, how do you plan to make it work?

We ask all potential applicants to make a minimum of a three-month commitment to AHY. Are you able to make this commitment?

Yes No

Thank you for filling out our application! We will be in contact with you soon!