

## Energy Exchange Application

As a trade in our Energy Exchange program, you will be responsible for 3 hours of work once a week (same day and time each week). Work responsibilities will vary between cleaning and maintenance of the entire studio. In exchange, you will have an unlimited pass to all classes - an amazing opportunity to develop your yoga practice and quickly become a part of our Moksha yoga community! To be accepted for this program, it's important that you be committed to a regular practice of at least 2 classes a week.

Please answer the following:

- 
1. Tell us a little about yourself, and why our Energy Exchange program interests you.
  2. Do you have a preference between maintenance and reception? If you'd rather work the reception desk, do you have any experience in this area?
  3. We need trades at all days and times during the week. What works best for you?  
Afternoons?  
Evenings?  
Weekends?
  5. If you have another skill set you think would be useful to us (other than maintenance and reception), let us know- we are totally open to working something out.

We're looking for people who will take their Energy Exchange seriously - just like any other job. We want to build relationships with our trades based on trust, communication, compassion and commitment. Applicants should therefore be willing to commit to a minimum of 3 months of participation in this program.

Please respond to us at [info@mokshayoganorthyork.com](mailto:info@mokshayoganorthyork.com), subject: Energy Exchange. We look forward to hearing from you.

Sincerely,

Marisa and Darcy  
Directors, MYNY