



## KARMA YOGA PROGRAM EXPECTATIONS

- We're looking to hire dedicated and passionate individuals who don't only want to show up for their shift, but who want to integrate into the Karma and Pure community.
- As a Karma Yogi, you are required to work one 4-4½ hour shift a week. Your responsibilities will include a wide range of cleaning duties around the studio, laundry, organizing and general studio assistance when required. In return, you will receive free unlimited yoga at ALL 3 locations, towel & mat rental, member workshop pricing (and sometimes opportunities to do one for free!), 15% off at our boutique, and access to regular karma outings.
- You are committed to helping Pure Yoga Ottawa build and foster a sense of community. Part of your responsibility will be to provide customer service in a warm, friendly and helpful manner.
- You bring a positive attitude to each karma shift. We love to see your smiling faces around the studio; it helps build a fun and enjoyable place for us and the students!
- You are punctual and reliable. This position must be treated as a job and Karma Yogis must arrive on time for their shifts as it allows the studio and the program to run smoothly.
- You are responsible for your shift each week. If you can't make a shift, it is up to you to get that shift covered by a fellow Karma Yogi. We have a Facebook group dedicated to the Karma Yoga program where each of you can connect and ask for support when a shift needs to be covered. If you can't find a replacement for your shift, your studio coordinator will help you.
- This is a commitment. We require a 3-month commitment from all Karma Yogis at the start of their contract, but you are more than welcome to stay as long as you want. We have some Karma Yogis that have been with us for 5 years! If you can no longer commit to the program, we ask that you provide us a 2 weeks notice.



## KARMA YOGA PROGRAM APPLICATION

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

Phone #: \_\_\_\_\_ Email: \_\_\_\_\_

### Availability:

- Morning Shifts (9am/10:30am)
- Afternoon Shifts (1:30pm)
- Evening Shifts (5pm/6:30pm)
- Weekends  
(Please specify: \_\_\_\_\_)
- Weekdays  
(Please specify: \_\_\_\_\_)
- Location Preference:
  - Westboro
  - Centretown
  - Downtown

Why Pure Yoga? Have you taken a class at our studio before?

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Why have you chosen to apply to the Karma Yoga Program?

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Describe one of the most memorable class experiences you've ever had.

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What is your favorite yoga pose?

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What are your interests outside of yoga?

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Is there anything that you think might interfere with completing your Karma position such as school, work commitments, family obligations etc.?

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Do you have any similar experience working in a yoga studio and/or doing cleaning work?

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What do you hope to gain from participating in the Karma Yoga Program at the studio?

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Please return your completed application to  
[goodkarma@pureyogaottawa.com](mailto:goodkarma@pureyogaottawa.com)

Thank you for your interest in Pure Yoga's Karma Program! :)