Life’s a Gift  
Work Trade Information & Application Form

The Work Trade Program at Life’s a Gift is part of our commitment to make yoga more accessible to whoever needs it. This program allows individuals to work at our studio in exchange for classes. Interested individuals can submit an application form, and may be contacted for an interview. Please take some time to read the description of the Work Trade Program. If it feels like a good fit, complete and submit the Work Trade Application Form to [info@lifesagift.me](mailto:info@lifesagift.me).

*We ask for a minimum commitment of 3 months (e.g. every Tuesday for 3 months) to be considered for the program.*

Description

Work Trades commit to four hours per week in exchange for unlimited yoga classes, shifts to be agreed upon.

Work Trade Duties may include the following:

* Administration – Clean-up/update/input into a database.
* Cleaning and general maintenance of the whole studio (sweeping, dusting, washing etc.)
* Sales: distribute flyers, make calls, social media – additional commission on non-sale class passes sold.
* Miscellaneous other tasks and projects as they crop up week to week which could include creating signs for the studio, working on the website, or a project of your own creation as a way to share your unique gifts with the community.

To be considered as a Work Trade you must:

* Possess excellent inter-personal and communication skills
* Have the ability to multitask and set priorities
* Desire to share your gifts in community, and to contribute towards a positive experience for students
* Have high standards of performance and the ability to complete tasks and duties in a timely manner
* Enjoy individual work
* Want to make a difference in the space and value contributing to the larger community

Life’s a Gift Work Trade Application Form

Name:

Email:  
Phone Number:

1. Please indicate your general availability, and what times you could commit to for a minimum period of three months.

2. What does Life’s a Gift mean to you? What has your relationship been to the studio? (Which classes, teachers have you connected with?) How has the studio been important to you?

3. Our Vision Statement at Life’s a Gift is below. Please share how you relate to our vision statement and what in it resonates with you, or what additional things you look for in a community.

**Our vision:** Embodying the Healthy-Fit-Aware paradigm utilizing *Yoga, Running/Fitness, Diet and Lifestyle coaching. We strive to build lasting relationships with each student*.

**Our mission:**  To provide a natural retreat where you feel supported on your journey of transformation and enjoy the community of fellow students.

4. What appeals to you most about the Work Trade Program?

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

6. What are your interests outside of yoga?

7. Do you have any medical or heath issues we should be aware of?

8. What do you hope to gain from participating in the Work Trade Program at the studio?

9. What past or present school/work/life experiences can you bring to the Work Trade Program? What special skills, creative interests or passions do you want us to know about?

LAST STEP: Please save this form, put your name in the title, and email it to info@lifesagift.me