

Yoga Hawaii's Seva Program

What is "seva"?

In Sanskrit, the word *seva* means service. It denotes a spiritual practice of selfless service intended to bring the *sadhaka* (practitioner) into closer union with his or her supreme Self. Most enlightened beings agree that service is one of the highest yogic paths, and we consider it a high calling at Yoga Hawaii.

Who is eligible?

Yoga Hawaii offers seva opportunities to devoted and committed *yogis* and *yoginis* who are willing to offer a minimum of three months of service. Our Seva Team members are ambassadors for the *shala* and are selected on the basis of their level of commitment to their yoga practice and their financial need.

What is required?

In exchange for established levels of service to the Yoga Hawaii community, Seva Team members can take classes at the studio free of charge at the agreed upon rate, as listed below:

1 hour of service per week (4 hours per month) = 1 yoga class credit per week (4 free classes)

2 hours of service per week (8 hours per month) = 2 yoga class credits per week (8 free classes)

3 hours of service per week (12 hours per month) = unlimited monthly pass

Minimum Seva Team commitment = 3 months of service

What are the performance expectations?

Seva Team members are encouraged to grow and evolve through regular attendance at the *yoga shala*. If a Seva Team member is unable to carry out his or her responsibilities as originally agreed, then his or her status as a Seva Team member will be reevaluated as deemed appropriate by the Seva Coordinator or studio directors.

What types of service are available?

A yoga community has many different requirements to thrive and flourish. We consider our Seva Team the backbone of the organization because it fulfills many needs such as cleaning, promotions, office work and retail assistance in the Om Lounge. Each Seva Team member brings something unique to the team and we attempt to place you in the most appropriate area based on your skill set.

Application process

Please fill out the attached application form and submit it either electronically as a pdf, ATTN: Seva Coordinator (omlounge@yoga-hawaii.com) or drop it off at Yoga Hawaii's Om Lounge, 1152 Koko Head Ave., Honolulu, HI 96816. You may also send it by regular post.

You will be contacted for an interview to evaluate the best fit for your talents. If you have something special to offer in terms of your service, please let us know. We are open to making this an enjoyable and fruitful experience for everyone!

Mahalo for your interest in our yoga community. We look forward to getting to know you and helping you grow on your yogic path.

Seva Application

General Information

Name: _____ Date: _____
Address: _____
City, State, Zip Code: _____

Home phone: _____ Other phone: _____
Email Address: _____
Emergency Contact: _____ Relationship: _____
Phone: _____ Address: _____

Personal Information

Occupation: _____ Employer: _____
Student: Yes / No Major: _____ Tentative graduation date: _____
Please explain the financial circumstances that have prompted you to seek a position on the Seva Team: _____

Yoga Background

How long have you been practicing yoga? _____
What style of yoga do you primarily practice? _____
What are the main reasons you practice yoga?

About seva

Why are you interested in joining the Seva Team?

What does selfless service mean to you?

What would be your biggest contribution to the *shala* if you were a Seva Team member?

Where do you feel your skills will be best utilized? (check all that apply)

- Studio cleaning / straightening props Stocking supplies / Costco visits

- Posting and distributing studio flyers
 - UH area Hawaii Kai Downtown
 - Waikiki Windward Other areas

- OM Lounge
 - Reception / checking students into class
 - Retail sales
 - Office work
 - Cleaning
 - Inventory management

- Promotions / Marketing / Layout & design of flyers

- Website maintenance Community service project development

- Other useful skills and talents _____

Print Name: _____ Date: _____

Signature: _____

Thank you for your interest in the Seva Program. Your application will be reviewed, and you will be contacted for an interview.

Mahalo & Namaste,

Seva Coordinator

YOGA HAWAII
1152 Koko Head Ave.
Honolulu, Hawaii 96821
(808) 739-YOGA