**Yoga in ACTion Volunteer Information Sheet**

**Please complete and send to info@yogainaction.org.au**

**Position for which you are applying: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**A. PERSONAL INFORMATION**

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(last name) (first name) (middle initial)

Home Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

City, State, Zip \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Home Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Day Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date Application Submitted \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**B. EDUCATIONAL BACKGROUND**

Please list the colleges, universities, yoga programs and/or any other training you have attended and the degrees received. List them in order, beginning with the most recent.

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| --- | --- | --- | --- |
| Name/Location of Institution | Year(s) | Degree | Major/Focus |
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|  |  |  |  |

**D. OTHER RELEVANT EMPLOYMENT OR EXPERIENCE**

|  |  |  |  |
| --- | --- | --- | --- |
| Position | Employer | City and State | Years of Employment/Experience |
|  |  |  |  |
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Please provide any other relevant information regarding employment or experience.

**E. NARRATIVE RESPONSE**—Below or on a separate page, please respond to each of the following questions:

1a. Do you practice yoga or meditation? Please describe your current practice.

1b. Please describe your health and wellness practices.

2. Please describe your previous knowledge and experience with trauma. If you have experienced trauma yourself, please mention strategies you use/have used to manage and/or heal from it.

3. Why are you interested in working with Yoga in ACTion?

4. What are your expectations while working with Yoga in ACTion? What do you hope to learn or gain from this experience?

5. What do you feel you would like to offer to our team and community?

6. How much time are you able to commit to working with us? When are you available?

Is there anything else you would like to share with us?

Once you have completed this form we will read through what you have shared and determine where the best placement might be for you. We work with a range of communities and populations throughout the year so, even if there is nothing available now, there is always opportunity in the future. If you are interested in offering a skill other than teaching there is also need throughout the year for your support. Please note that anything you share in this form will remain confidential and will only be shared between those assessing placement. Once you have been placed and timing has been set, please ensure you are available on those days and times, as consistency and building a sense of trust is essential to our offerings.

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_