



# FEARVANA YOGA

## Karmi Fear-Chaser Program

Thank you for your interest in wanting to learn and help build the community at Fearvana Yoga.

We hold our mission very strongly. Our mission is to build and maintain a studio that bears high importance on accepting ALL students without judgement and creating the most welcoming and comfortable atmosphere. And because of this, our primary goal is to only bring people on board our kula that is welcoming, non-intimidating, kind, helpful, reliable and takes initiative.

A karma yogi, or karmi for short, aids the studio and its teachers by performing tasks before and after classes. Karma in Sanskrit means “to do,” but on a deeper level, it is a type of yoga that practices selfless action, and to be of service to others as a path to happiness or enlightenment. This is a quality many fear-chasers possess!

You will learn how to open and close the studio, how to set up the studio for the teacher, and most importantly how to run the desk. You must know Fearvana Yoga’s schedule, pricing and packages, class descriptions, and events. You must also learn and know how to operate our Mindbody system. We train all karmies to be sufficient in their tasks and require full reliability, accountability, and honesty. Although, tasks can be easily taught- kindness, reliability, honesty, and a positive attitude cannot!

We require karmies to work a minimum of 2 classes per week in exchange for an unlimited membership. You can take as many classes as you want. Depending on the quality of your work, reliability, and accountability, workshops may be included.

Because of numerous inquiries to karma for the studio, we require information from you to help our selection process easier.

Please write a short essay (2-4 paragraphs) telling us more about you, why you’d like to karma for the studio, and why you would be great for Fearvana Yoga teachers and students. Please also let us know an honest availability of which classes on our schedule you would be able to karmi. Other things to include:

- Why you enjoy practicing yoga.
- Your present and future goals.
- Your hobbies.
- Anything else you’d like us to know to get to know you better!

EMAIL TO [FEARVANAYOGA@GMAIL.COM](mailto:FEARVANAYOGA@GMAIL.COM)

Thanks again for your interest and we hope to hear from you!

Please let us know if you have any questions about the Karmi Fear-Chaser Program.

-The Fearvana Yoga Kula