

# Atma Jyoti Yoga Retreat & Sound Healing Center

## Volunteer Application Form



### Welcome to Atma Jyoti

Namastê and thank you for your interest in volunteering with us in beautiful Lakeside Pokhara!



### Volunteer Program Selection

Please select the program you are applying for:

- ☐ General Volunteer Program  
☐ Yoga Teacher Volunteer Program



### Personal Details

Full Name: \_\_\_\_\_

Nationality: \_\_\_\_\_

Passport Number: \_\_\_\_\_

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

Phone/WhatsApp: \_\_\_\_\_

Emergency Contact Name & Phone: \_\_\_\_\_



### Availability

Preferred Start Date: // \_\_\_\_\_

Preferred End Date: // \_\_\_\_\_

Are you able to commit to the minimum 30-day stay? ☐ Yes ☐ No



### Dietary Information

Dietary Preferences/Restrictions (vegetarian, vegan, allergies, etc.):

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### Health & Wellness

Please share any physical or psychological conditions we should be aware of:

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### How Did You Hear About Us?

☐ Instagram ☐ Facebook ☐ Google Search ☐ Word of Mouth ☐ Workaway ☐ Other (please specify): \_\_\_\_\_



### General Volunteer Program (if applicable)

Please indicate your areas of interest/skill:

- ☐ Social media, promotion, and marketing  
☐ Cooking and meal preparation  
☐ Cleaning and daily upkeep  
☐ Light repairs and maintenance

☐ Gardening and outdoor work

☐ Other: \_\_\_\_\_

Previous experience in these areas:

\_\_\_\_\_  
\_\_\_\_\_

### **Yoga Teacher Volunteer Program (if applicable)**

Teaching style/specialization:

Years of teaching experience: \_\_\_\_\_

Certifications (please list): \_\_\_\_\_

Please indicate your preference:

☐ 50% commission on every class taught

☐ Free accommodation and meals in exchange for teaching

### **Language Requirement**

Are you fluent in English? ☐ Yes ☐ No

Other languages spoken: \_\_\_\_\_

### **About You**

Why are you interested in volunteering at Atma Jyoti?

\_\_\_\_\_  
\_\_\_\_\_

What skills or gifts do you hope to bring to our community?

\_\_\_\_\_  
\_\_\_\_\_

What do you hope to learn or gain from this experience?

\_\_\_\_\_  
\_\_\_\_\_

Have you volunteered with similar organizations before? If yes, please describe:

\_\_\_\_\_  
\_\_\_\_\_

### **Agreement**

By applying to the Atma Jyoti Volunteer Program, I agree to:

- Respect the daily schedule and community guidelines
- Treat all residents, guests, and fellow volunteers with kindness and compassion
- Participate mindfully and contribute with a spirit of service
- Communicate any concerns or suggestions respectfully
- Commit to the minimum 30-day stay if selected

### **Signature**

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

Signature: \_\_\_\_\_

Date: // \_\_\_\_\_