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**INTERNSHIP PROGRAM**

**INFORMATION & APPLICATION**

The intent of this information sheet is to provide prospective interns a clear idea of what Ashram life is like. Please read it thoroughly before completing your application. Our internships are unique in that they combine spiritual development with hands-on-experience in the respective internship areas.

All applicants will need to include a resume, completed application form and at least two work/character reference letters with their application.

**New to Yasodhara Ashram?**

If you are new to the Ashram we ask all accepted applicants to start with a minimum four-week commitment. After four weeks, we will extend your internship to the full term date, provided both parties feel there is a good fit between intern and Ashram.

**What is Yasodhara Ashram?**

The Ashram is a spiritual community that continues to celebrate founder Swami Sivananda Radha’s yogic teachings, which she has adapted for the Western practitioner. Yasodhara Ashram was established at Kootenay Bay in 1963. The Ashram is a registered charity, certified Private Post-Secondary Educational Institution, and a thriving retreat and study centre with a diverse offering of yogic practices.  Hatha yoga, the physical practice that most people associate with the word "yoga," constitutes but a small part of what we do here. Our practices, as well as courses and workshops that are offered throughout the year, are described in greater detail on the Ashram's website.

**What is "Karma Yoga"?**

The main spiritual practice at the Ashram is Karma Yoga, the practice of selfless service. This means our work not only contributes to the daily functioning of the Ashram (from cleaning rooms to preparing meals, and everything in between), but is also a tool to help us understand who we are in the world, our life's purpose, and what we have to offer. Participants in the Internship program are required to participate in 8 hours/day of Karma Yoga, as well as morning Hatha Yoga classes, evening Satsang (chanting and prayers) in the Temple, and weekly classes.

**What is the Internship Program?**

The Yasodhara Internship program provides an opportunity for personal exploration and skills development within a well-established spiritual community. Participants will be introduced to the different forms of yoga (for example hatha, karma, kundalini, bhakti and mantra), and learn how they can be practically applied in everyday life situations, both within and outside of the Ashram. Interns will be immersed in their interest areas, gaining valuable hands-on-experience, which are transferrable to other work contexts.

This program is designed to give participants the tools needed to build a solid foundation for the present and future, both personally and professionally.

As an intern you will become an important part of the community. Hatha Yoga, evening Satsang, and weekly classes will help strengthen your understanding of the Ashram teachings. Occasionally there will be a half-day workshop to enhance your understanding of the yogic tools used at the Ashram and will complement your internship work. An important aspect of the Internship program is learning to work within a spiritual community based on the teachings of Swami Radha. Participating in all aspects of the Ashram also helps us support the atmosphere that has been built up over many years of spiritual practices.

**Daily Schedule:**

|  |  |
| --- | --- |
| 6:50 – 7:50 am | Hatha Yoga class, or occasional chanting in The Temple |
| 8 - 8:30 am | Breakfast |
| 8:30 am - 12:30 pm | Karma Yoga (work as spiritual practice) |
| 12:30 - 1:30 pm | Lunch |
| 1:30 - 5:30 pm | Karma Yoga (work as spiritual practice) |
| 3:30 - 4 pm | Reflection Break |
| 6 - 6:30 pm | Dinner |
| 8 - 9 pm | Satsang in The Temple of Divine Light. Satsang is a Sanskrit word meaning “in the company of the wise”. The community gathers in the Temple for devotional singing and talks about experiences on the spiritual path. |

Please note that all meals are eaten in silence to support personal reflection.

**Specific To This community:**

**Drugs and alcohol**

Drugs and alcohol are not permitted at the Ashram. Neither drugs nor alcohol are necessary for spiritual growth.

Upon your arrival you will be asked to sign an agreement that you will not use or possess drugs or alcohol. Anyone found possessing or using these will be asked to leave the Ashram within 24 hours. There is a designated area smoking area in the parking lot at the southern end of the Ashram for people who smoke tobacco.

**Relationships and sex**

The Ashram is a celibate community. At the Ashram you have the opportunity to look inward and develop a solid foundation for yourself. Because our focus is on character building, self-reliance and emotional independence, we do not encourage romantic or exclusive relationships. Men and women are asked to dress modestly, and do not enter each other’s private living spaces.

**Yasodhara Ashram is a ‘Closed Retreat’ community**

Participants in the Yasodhara Internship Program are asked to remain on the Ashram’s property for the duration of their time in the program. If it becomes necessary to leave at any time due to unforeseen or extenuating circumstances, interns are asked to notify the office in writing.

**YASODHARA ASHRAM**

**INTERNSHIP APPLICATION**

**Applicant Information**

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

Gender \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Birth Date \_\_\_(m)/\_\_\_(d)/\_\_\_(y) Age\_\_\_\_\_\_

Today’s Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (m) (d) (y)

Phone (\_\_\_\_)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

E-Mail Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

City\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Province/State\_\_\_\_\_\_\_\_ Post/Zip \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Country \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Internship Interest**

You are applying for an internship in **Accommodations**. While your work will be focused in this area, we often help out in other areas depending on the needs of the Ashram.

In addition to the Accommodations, please rank the other areas in order of your skill/interest:

**Karma Yoga Areas**

Accommodations \_\_\_\_ Kitchen \_\_\_\_ Grounds \_\_\_\_ Garden/Orchard \_\_\_\_ Preserving Kitchen \_\_\_\_

**Length of stay:** For Accommodations internships we would like interns to be here for **a period of 4 - 6 months** over the summer (busy) season. Preference will be given to applicants who can match this availability and we will still consider other availabilities.

Initial intake dates for 2014 are April 1, May 6th, June 2nd (please consult our program calendar for additional dates).

Please indicate preferred arrival and departures dates \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Financial Considerations**

The Yasodhara Internship Program is an opportunity for people to contribute to and support a thriving spiritual community while working within your internship specialty. This program engages you in the practice of Karma Yoga or selfless service. Learning to work with mindfulness, quality and an understanding of symbolism are all skills that are transferable to your work when you leave the Ashram.  In addition you will gain valuable learning related to your internship area.

Internships offer free room and board, which includes shared accommodation and meals. Modest stipends are available to those who have a financial need (please note that modest stipends are available to Canadian citizens only).

Most Interns find they need at least $35/ month for telephone, laundry and other sundries.

Please indicate your financial situation:

* I am financially able to cover my living costs, above room and board, during my internship.
* I am in need of a modest stipend to cover my costs.

**Please attach:**

1. Updated resume addressing the experience and qualifications in the internship area for which you are applying.
2. Letter of intent including:
   1. your interest in the area you have selected
   2. ability and experience
   3. desire for learning /living within this particular community
   4. a brief description of your previous experience with yoga at the Ashram or elsewhere
3. Completed Health Form (provided below)
4. At least two work/character reference letters are also required along with your proposal to participate in the Yasodhara Internship Program.
5. Completed copy of this application form

Your application may be submitted by mail or email. Please keep processing time in mind when submitting your application. Feel free to contact us by phone or email with any questions, or for more information.

**Yasodhara Ashram**

PO Box 9 • Kootenay Bay, BC • V0B 1X0 • Canada

[internships@yasodhara.org](mailto:internships@yasodhara.org) • [www.yasodhara.org](http://www.yasodhara.org)

250.227.9224 or 1.800.661.8711

**Health Information Form**

We are located quite a distance (1.5 hours) from health care and emergency services. Health services can be quite costly for individuals who do not have adequate health insurance coverage. For example, one trip to the hospital in an ambulance costs about $400.00 - just for the trip alone!

If you are from outside the country, you will need to provide a copy of your health insurance policy that is valid for your time in Canada. If from Canada, you will need to have a valid health care card. Otherwise, you will need to purchase emergency travel insurance for your time here. Your acceptance into the program is dependent on this document.

* What is the status of your health insurance coverage? Briefly describe the name of your plan, and the coverage it provides.
* Do you have funds available to you to cover possible medical related costs that may be incurred while you are here at the Ashram? Please describe how you would be able to access these funds in the case of an emergency.
* Do you have any physical conditions that could affect your participation in daily activities? If yes, please describe.
* Do you have any emotional or mental conditions that may affect you during your stay? If yes, please describe.
* Are you currently under the care of a therapist, counselor or physician? If yes, please describe.
* Are you currently taking any medication? If yes, please describe.
* Do you smoke?
* Are you currently or have you in the past, struggled with substance abuse, dependency or addiction? If yes, please provide details including any treatment or recovery program:
* Do you have any communicable health conditions that may require extra precautions be taken to protect others with whom you may be living? (e.g., athlete’s foot). If yes, please describe the condition and precautions you take.
* What additional support would you require from us to enable you to be here, given what you have stated above?