



Yoga Teacher /Massage Therapist Application

Thank you for your interest in **deliver me yoga** (dmy) and being part of our team. Please complete the following application and return to Alice Dommert at alice@delivermeyoga.com or mail to 308 S. Narberth Ave, Narberth, PA 19072.

All yoga teachers are massage therapists are required to have Liability Insurance in their respective field of training. Please provide verification of your insurance policy with this application.

Name: _____ Date: _____

Home Phone: (____) _____ Cell Phone: (____) _____

Work Phone: (____) _____ E-Mail: _____

Address: _____ Apt.#: _____

City: _____ State: _____ Zip: _____ Date of Birth: _____

Emergency Contact: _____ Phone: (____) _____ Relationship _____

How did you hear about us? _____

Do have a car? _____ If not, what forms of transportation do you use? _____

Outline your training and list the certifications you hold. _____

What interests you about teaching /working in the corporate environment? _____

What do your students/clients typically say about your teaching or bodywork? _____

What do you see as your role for students/clients in the corporate environment? _____

List the classes, times and locations where you are currently teaching or/doing bodywork. _____

Indicate the dmy programs you are interested in applying for.

- Corporate Yoga: 45-60 minutes vinyasa yoga on a mat
- Yoga at Work: 30-45 minutes chair yoga with seated and standing positions
- Yoga Break: 15-20 minutes chair yoga with seated and standing positions
- Chair Massage: 15 minute chair massage in massage chair or at their desk
- Ergonomic Desk Assessment: working with people at their desk to establish better posture
- Lunch Workshop Presentations: 45-60 minute wellness (numerous topics) presentations
- Health Fairs: talking with people about deliver me yoga programs

Please indicate your available times and circle the slot that you would most love to have a dmy class /client fill.

- | | | | | |
|--|---|--|--|--|
| <input type="checkbox"/> Monday am | <input type="checkbox"/> Tues am | <input type="checkbox"/> Wed am | <input type="checkbox"/> Thurs am | <input type="checkbox"/> Fri am |
| <input type="checkbox"/> Monday lunch | <input type="checkbox"/> Tues lunch | <input type="checkbox"/> Wed lunch | <input type="checkbox"/> Thurs lunch | <input type="checkbox"/> Fri lunch |
| <input type="checkbox"/> Monday afternoon | <input type="checkbox"/> Tues afternoon | <input type="checkbox"/> Wed afternoon | <input type="checkbox"/> Thurs afternoon | <input type="checkbox"/> Fri afternoon |
| <input type="checkbox"/> Mon early evening | <input type="checkbox"/> Tues early evening | <input type="checkbox"/> Wed early evening | <input type="checkbox"/> Thurs early evening | <input type="checkbox"/> Fri early evening |

Thank You. Visit us at www.delivermeyoga.com for more information or call Alice Dommert @ 215.870.7775.