

## Exchange programme opportunity 'Karma Yoga': Helping Hands Studio Assistant

**Title:** Helping Hands Studio Assistant

**Working Hours:** 4 hrs – on the same day, at the same time, once a week

**Status:** Volunteer

Milton Keynes' premier yoga studio is seeking more 'Helping Hands' with passion and commitment to students of yoga and its practice.

**Why work for us?** We are a group of enthusiastic and caring people, dedicated to changing lives. We've been bringing peace and calm into peoples' lives for over 5 years and we're growing! We offer terrific perks and love to promote from within. There are exciting things happening at Whitespace, come join the team!

**About the role.** Our 'Helping Hands' team plays an essential role in creating the right 'vibe' here at the studio, which is why we only ever recruit yogis. The role definitely keeps us busy, we meet lots of interesting people and we have tons of fun along the way! Our work exchange programme is a great way for you to spend time with like-minded people - really immersing yourself in the yoga world. We aim to deliver classes that inspire people in their yoga and in their lives - and offer a little sanctuary from the busi-ness of life.

**It is essential applicants who are interested in working with us have had 1 months regular practice at the Studio during the last 6 months.** It's important that not only do you believe in what we're offering and LOVE what we do, but that you are also able to commit to one shift per week AND make the most of the exchange. If this is something you believe in and wish to be a part of too, then maybe this is the role for you.

### **Main tasks include:**

- general upkeep of the reception area (tidying, polishing, washing cups, pricing stock, etc...)
- general upkeep of the studios (cleaning, sweeping/hovering, tidying and cleaning mats and props etc...)
- helping out during busy class sign-in periods
- data entry, record keeping, and cash handling

### **Minimum Requirements**

- 1 month of a regular practice here at Whitespace – it's important that you believe in what we're offering and LOVE what we do!
- Genuine interest in helping people: serving with respect, compassion and a sense of humour
- Ability to multi-task and function in a fast paced environment
- Self-starter and team player who works on their own initiative
- Strong work ethic and habits including attendance and punctuality
- Friendly, outgoing team player

- Computer literate
- Genuine problem solver with a lively appreciation of customer service matters
- Well-presented, polite and tactful
- Flexible schedule as evenings and weekends may be required
- Able to make a regular commitment for a minimum of 6 months (preferably 12 months)
- Resourceful - makes things happen
- Focused on and takes ownership of delivering great outcomes
- Willingness to learn, grow, and be coached
- Ideally you are NOT wanting a career as a Yoga Teacher as this is a job with a view to longer term commitment. Please see our Yoga Teacher Training if this is a path you wish to pursue.

**What you can expect from us** in exchange for the hours worked, you'll earn free unlimited yoga classes! You'll also drink lots of tea, and be a part of our extended yoga family.

**What we need from you** we're looking for enthusiastic, reliable yogis to join our little family. The ideal candidate will be a strong team player with a proven track record for working off own initiative in a busy role. Must also love to work with others and thrive on student/customer interaction. You will display passion in your work and possess excellent communication skills, both written and verbally. You'll have a commitment to integrity, acting honestly and ethically, whilst being resilient, professional and solution focused.

#### **Application procedure**

If this sounds like the ideal post for you and **you have 1 month of regular practice at the Studio during the last 6 months**, please complete our [online application](#). Please note, we want to really get a sense of your collective skills and experiences, so **only candidates who have completed our online application will be considered**. If you have any questions, please email Nina Saroi at [yoga@whitespacestudio.co.uk](mailto:yoga@whitespacestudio.co.uk) or call 01908 566610.

Thank you for taking the time to apply for this role. We will review applications at the earliest opportunity. We very much regret that due to limited resources and the large number of applications we currently receive, we are only able to inform short listed candidates of the outcome of their application. If you do not hear from us within 4 weeks of sending your application, please assume that you have been unsuccessful on this occasion. If your application is not successful, we hope that you will not be discouraged and will still apply for other suitable vacancies at Whitespace as and when they are advertised.

Thank you for your interest in Whitespace.