



## An Education for Life Campus - Programs, Retreats, Conferences

### Ananda Center at Laurelwood, Inc.

38950 SW Laurelwood Rd.

Gaston, OR 97119

503-746-6229

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## Karma Yoga Internship Application

To apply, please complete and send:

1. Application
2. Two Reference Contacts
3. Medical questionnaire
4. Resume or Work History
5. \$30.00 Application fee

Email or mail these to the address above as a Word or PDF document. All applications are kept confidential. Once your application is received and reviewed, we will contact you as soon as possible regarding your acceptance into the program.

The Application Fee of \$30.00 can be paid by check or credit card online at:

<http://anandalaurelwood.org/spiritual-internships/apply-now/>

Because this is an in-residence program, the program fees are \$500 per month for 25 hours of service, 5 hours of class, and 10 hours of yoga/meditation per week. This amount covers room and board (including 3 organic vegetarian meals served daily) and all instruction/training. Minimum initial stay is 2 weeks up to one month (\$500 program fee for either option), and can be renewed by as little as one week at a time for up to 3 months (\$125 per additional week). After review and approval, additional time beyond the 3 month initial period in the program may be possible).

Date \_\_\_\_\_

Name \_\_\_\_\_

(Name you prefer to be called, if different) \_\_\_\_\_

Street address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone: Home ( \_\_\_\_ ) \_\_\_\_\_ Work ( \_\_\_\_ ) \_\_\_\_\_

E-mail \_\_\_\_\_ Good time to call \_\_\_\_\_

Gender  Male  Female Birthday \_\_\_\_\_ Age \_\_\_\_\_

Marital Status  Single  Married  Separated  Divorced  Widowed

### **Background Information**

Please answer the following questions as briefly or as in depth as you prefer. Feel free to attach additional pages to answer any of the following questions.

**1. How did you hear about us?**

**2. Please describe why you would you like to be part of this program**

**3. Have you ever lived in an intentional community or participated in a similar program? If so, what was your experience like?**

Yes (please specify location/program and approximate dates below)

No

4. If you are comfortable doing so, please share your interests and experiences with a spirituality or a spiritual path (please type as much as you would like to share here or continue on another page).

5. Do you have any previous experience with Ananda? If so, please share.

6. All internships focus on service in our vegetarian kitchen and retreat center. Depending on our staffing levels and your interest, there may be an opportunity for you to service in additional areas. Please mark the program area(s) you are most interested in and describe below any experience you may have (all training provided!). You can read more about each area at <http://anandalaurelwood.org/spiritual-internships/>

Elder Friendly Visiting

Construction (Building with Spirit)

Small-Scale Organic Farming

Landscaping

Arts & Creativity

Website and Marketing

7. We have two certification programs for building vocational skills (details on our website). Participation in core classes and meditation/yoga are still required, but service would be focused on the area of certification. Additional fees and requirements may apply. Please mark if you are interested in either of our certification programs.

Vegetarian Cooking and Kitchen Management

Elder Caregiving

**8. Do you have any additional special skills you would like to share? If so, please tell us more!**

**9. What is your preferred start date for this program? How long would you like to stay (from 2 weeks up to one month) Would you be interested in extending your stay if possible?**

**10. Dormitory-style housing is provided with shared bathrooms on both our men's and women's floors. Private rooms may or may not be available. Are you willing to share a room with two twin beds with one other person (same gender) in our Program housing?**

Yes

No

**11. Ananda Center at Laurelwood, as part of Ananda, is dedicated to following the non-sectarian teachings of Paramhansa Yogananda. While we do not proselytize, this is the spiritual tradition that is expressed here. Because the Internship Program guests live at our facilities, it's important that they be open to learning and experiencing what we share here. Our spiritual life is dedicated to God and our particular lineage of yoga masters, including Jesus Christ and Paramhansa Yogananda. Is this comfortable for you?**

Yes

No

**12. Are you willing to commit to not using drugs or alcohol either on or off the property while you're in the Internship Program at Ananda Center at Laurelwood?**

Yes

No

**13. Have you ever been convicted of a felony?**

Yes (please explain below)

No

**Please provide two references:**

**Name** \_\_\_\_\_

**Phone Number** \_\_\_\_\_ **Email** \_\_\_\_\_

**Please describe your relationship or how you have worked together below.**

**Name** \_\_\_\_\_

**Phone Number** \_\_\_\_\_ **Email** \_\_\_\_\_

**Please describe your relationship or how you have worked together below.**

***Thank you for taking the time to fill out this application***

## Medical Questionnaire

Dear Applicant,

It is very important that you answer the following questions completely and truthfully, as your physical, mental and emotional health are important factors in determining how our programs can best work for you. The Internship Program requires that you participate in a variety of activities—some more strenuous than others. To help us decide if this program is right for you, please answer the questions below. All responses are confidential.

Today's Date \_\_\_\_\_

Your Name \_\_\_\_\_ Birth Date \_\_\_\_\_

**1. Please briefly describe your current overall health.**

**2. Any back trouble now or in the past?**

Yes (please describe below)       No

**3. Any trouble with joints (knees, shoulders, ankles, etc.)?**

Yes (please describe below)       No

**4. How is your blood pressure?**

Normal     High     Low    **Date last checked:** \_\_\_\_\_

**Have you ever taken blood pressure medication?**

Yes       No      **If yes, how recently?** \_\_\_\_\_

**5. Is your heart healthy?**

Yes       No

**Any history of heart attack?**

Yes (please describe below)       No

**6. Check any of the following you have now or have had in the past:**

- Chronic headaches       Stroke       Allergies  
 Ulcers       Diabetes       Food Allergies  
 Chemical Sensitivities

**Please explain in detail if you have checked any of the above.**

**7. Do you snore?**

- Yes       No

**8. Do you have any other physical limitations or health concerns?**

- Yes (please describe below)       No

**9. Do you need any special accommodations?**

- Yes (please describe below)       No

**10. Are you currently seeing, or have you seen in the last year, a physician or therapist for any physical conditions or mental illness?**

- Yes (please describe the conditions below)       No

**11. Are you now taking any medications?**

- Yes (specify conditions and what medication below)       No

Conditions \_\_\_\_\_

Medication \_\_\_\_\_

How often? \_\_\_\_\_

**12. Have you ever had an alcohol or substance abuse problem?**

- Yes (please explain below)       No

**13. Have you ever been in an alcohol or substance abuse program, or any other program for mental or physical abuse?**

Yes (please explain below)  No

**14. Do you smoke?**

Yes  No

**15. Women: Are you pregnant?**

Yes, how far along? \_\_\_\_\_  No

**16. In case of an emergency, whom can we contact?**

Name \_\_\_\_\_

Relationship \_\_\_\_\_

Street address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone: Home ( \_\_\_\_ ) \_\_\_\_\_ Work ( \_\_\_\_ ) \_\_\_\_\_

**17. Do you have medical insurance? If so, please give us your medical insurance information:**

Name of Carrier \_\_\_\_\_

Expiration date of policy \_\_\_\_\_

Policy number \_\_\_\_\_

Deductible \_\_\_\_\_

*Please bring your insurance card with you.*

**18. If you have questions or concerns about your diet, please elaborate in detail.**

*Important Note: Our kitchen offers a varied selection of vegetarian cuisine daily; we can provide dairy-free and wheat-free alternatives, but we are unable to accommodate all special dietary requirements.*