



# Introducing our Seva Yoga Program!

Volunteer time at studio for Free Yoga!

## What is Seva Yoga?



*Seva* is a Sanskrit word describing selfless service. *Seva yoga* is the practice of renouncing our own desires and needs for giving energy to the greater good.

...and so our Seva Yoga program is an opportunity to volunteer at the studio to assist staff and teachers BUT in our case we return the favor with some Free yoga.

### What's Involved?

Assisting with desk check in & register.

Assisting with certain cleaning duties while classes are going on.

Assisting with guest tours of the studio.

### How does the free yoga work?

Seva Yogi who works one shift a week receive 10 free classes to use in a month

Seva Yogi who works two shifts a week receive 15 free classes to use in a month

For further information email us at [info@goodvibesyogabar.com](mailto:info@goodvibesyogabar.com).