

The mind, body &  
**yoga**  
CONFERENCE & SHOW  
THE EVOLUTION OF AWARENESS

**3 DAYS**  
50 WORKSHOPS  
20 MASTER TEACHERS  
200 EXHIBITORS

**MARCH 22ND – MARCH 24TH, 2024 | Metro Toronto Convention Centre**



**VOLUNTEER APPLICATION 2024**

## GOOD DAY!

Thank you so much for reaching out to be part of the March 22<sup>nd</sup> - 24<sup>th</sup> 2024 Toronto Yoga Show! We are so excited to have the opportunity to work with you!

Kindly ensure you note the following 6 points:

1. To put on the conference and show, it takes the dedication of people like you who volunteer 500 hours over 3 days time.
2. **You will be required to volunteer for a minimum of 12 hours in positions both in conference session rooms and other positions.** You will be able to use your Volunteer badge for the remaining unscheduled hours at the discretion of the volunteer coordinator and managing room monitors.
3. When creating your volunteering timetable, the positions/shifts you schedule for yourself are a "wish list". **As organizers, we will need to arrange schedules to meet the needs of the event.** Your final schedule will be available to you during the week of March 15th, 2024.
4. Kindly ensure you are free of commitments during the days and evenings of March 22<sup>nd</sup> - 24<sup>th</sup> 2024.
5. Your schedule will require a **balance of hours** in conference rooms, prop support, event set up & take down, wrist-band support and show floor hours.
  - a. You must commit to **minimum of 12 volunteer hours** in positions **other than conference sessions**. Essentially, you cannot register for only conference room sessions. If you register for only conference room sessions, additional sessions outside of conference sessions will be assigned to your schedule.
6. The volunteer registration schedule will be ready the week of March 15<sup>th</sup>, 2024.

From here we will build our connections and community team!!!

Many Thanks,  
- Candice Sheppard

# 2024 Toronto Yoga Conference & Show Volunteer Application Form

**General Information:** \*Please note all fields mandatory

First Name:  Last Name:  Age:

Address:

City:  Postal Code:

Cell #:  Home #:

Email:

Emergency contact name & number:

## Tell Us A Little About Yourself:

Which of the following apply to you? Please indicate Y for Yes and N for No.

Yoga Teacher Training

Yoga Practitioner

Yoga Teacher

Other

Have you volunteered with the Toronto Yoga Conference and Show at past events?

If yes, which years have you volunteered?

Please tell us about your experience with yoga and wellness.

If you are a Teacher please tell us about your training experience.

Are you a Yoga Student/ Practitioner? Where do you practice and how long have you practiced yoga?

Are you able to do heavy lifting, moderate lifting or no lifting at all?

Do you have experience with AV and sound systems?

Why would you be a Great addition to our TYS Volunteer Team?

# Are you available for a minimum of 2 days between March 22<sup>ND</sup> - 24<sup>TH</sup> 2024 of the Toronto Yoga Conference & Show?

Please indicate below which dates you would be available to volunteer.

## Onsite Days – Metro Toronto Convention Centre

	Yes	No
Friday March 22 <sup>nd</sup>	<input type="checkbox"/>	<input type="checkbox"/>
Saturday March 23 <sup>rd</sup>	<input type="checkbox"/>	<input type="checkbox"/>
Sunday March 24 <sup>th</sup>	<input type="checkbox"/>	<input type="checkbox"/>

## Additional Days – Oshawa

		Yes	No
Wednesday March 20 <sup>th</sup> - Loading the Truck - Oshawa	12pm - 4pm	<input type="checkbox"/>	<input type="checkbox"/>
Monday March 25 <sup>th</sup> - Offload the Truck - Oshawa	12pm - 4pm	<input type="checkbox"/>	<input type="checkbox"/>

## Additional Comments:

