

Hari Om,

The ashram environment requires an individual to have a certain amount of maturity and adaptability to be able to fit into the ashram structure. For this reason, we offer an Ashram Life Style course that supports people new to ashram living, teaching them the yogic skills to be able to manage their work, practice and energy.

Your application for a 12-month position at Mangrove Yoga Ashram (Mangrove) has been considered on the basis that you are already stable in your yogic lifestyle and able to manage yourself within this environment without need for such courses or mentorship. Beyond simply committing to a particular department role and tasks, long-term residents support the ashram structure that supports them on their yogic journey. Below are details about the ashram system, and what is expected of you within this. Consider honestly whether you feel you are able to make this commitment to the ashram at this point in time. If you feel unsure about making this commitment, we are happy to consider your suitability for Ashram Life Style.

For those with little previous ashram experience the 6-week trial period (fee neutral) may be extended for up to 12 weeks, allowing you more time to settle in and giving both sides time to see if moving onto one-year commitment is appropriate. Your department supervisor will be happy to answer any questions you may have, by email or by phone.

Ashram/Karma yoga participation

- Total of 124 leave days including 2 days standard leave days per week. This equals 2 days off per week and 4 weeks paid leave per year.
- Karma yoga hours per day are approximately 8 hours, including morning cleaning and meal cleanups. Be mindful the ashram operates 24 hours a day so degree of flexibility is required and appreciated.
- Department Karma Yoga is generally broken into shifts of half days. You will usually be working in your nominated department for 6 to 10 shifts per week. .
- At least 30% attendance at all ashram programs (includes chanting, evening programs etc).
- Attendance at Kitchen Karma Yoga and meal clean-ups as rostered
- Morning Karma Yoga duty as directed
- Report to relevant supervisor if unable to attend any duties
- Supervisor's approval is required for any leave of absence or attendance at short courses
- Abide with the ashram's health and safety procedures

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Allowance structure

\$80.00 per week after the trial period.

The sevak role aims to create stability within a department therefore a bonus of \$1,000.00 is payable upon completion of the agreed 12 month period. 12 month period includes the trial (unpaid) time be it 6 weeks or 12 weeks.

AUSTUDY

The ashram does not give allowances to people receiving government benefits as these benefits are to ensure living costs are covered. Note that allowances will be suspended as long as you are receiving benefits, including Austudy.

If you are not sure if you are able to commit as a Department Sevak, you may be interested in one of the following options available for longer-term ashram stays.