

# Sunburst Karma Yoga Program Application

*Dear friend,*

*We're excited to hear of your interest in experiencing the joys of selfless service, while meditating and associating with Sunburst, as part of our Karma Yoga Program! Thank you for taking the time to complete this application so that we may find out more about you. Please feel free to attach additional pages as needed.*

*With many blessings,  
Sunburst Staff*

## Personal Information

Name \_\_\_\_\_ Date: \_\_\_\_\_

Primary Phone \_\_\_\_\_  Cell  Home  Work Good time to call: \_\_\_\_\_

Alternate Phone \_\_\_\_\_  Cell  Home  Work Good time to call: \_\_\_\_\_

E-Mail \_\_\_\_\_

Gender \_\_\_\_\_ Birth date (mo/day/yr) \_\_\_\_ / \_\_\_\_ / \_\_\_\_

### Physical Address

Street \_\_\_\_\_

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

### Mailing Address

Street \_\_\_\_\_

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

Is the physical address listed above your permanent residence? (If no, please explain why not.)

Do you have a residence to return to at the conclusion of the program? (If not, please explain.)

Do you have children under the age of 18 or other family members who you wish to have living with you during the Sunburst Karma Yoga Program? \_\_\_ Yes \_\_\_ No

If yes, please list their ages and relationships to you:

Work projects vary and may include gardening, landscaping, cooking, cleaning, housekeeping, tying, and/or various projects within agriculture, natural building, or carpentry. Do you have special skills or experience in any of these areas?

Do you have a working automobile that you are planning to bring?

Yes       No (If no, please describe your plans for arriving, departing, and errands such as buying groceries and incidentals.)

Have you ever been convicted of a felony?       Yes       No

### **Dates & Length of Stay**

*Sunburst's Karma Yoga Program can vary in length, up to two weeks, according to individual participants' interest and the availability of work and accommodations. During your stay, please plan to register for and participate in any scheduled retreat center events (see [sunburst.org/events](http://sunburst.org/events)). Karma Yoga Program work projects are available at various times during the year, but not necessarily on all dates. We will work together with you in choosing dates so that they will work well for both you and Sunburst.*

Please indicate your desired arrival and departure dates:

Arrive on: \_\_\_\_\_ Depart on: \_\_\_\_\_

If your dates are flexible, please describe your available time frame:

### **Accommodations**

Please indicate your preferred accommodations (offered at a significant reduction):

- Camp cabin, or room in shared house (\$20/night)
- Provide own tent or vehicle, NO hookups (\$10)
- Provide own tent or vehicle, WITH hookups (\$15/night)

Are you willing to share housing with other persons of the same gender?

Yes       No (Please explain.)

Do you snore? (This helps us match up roommates, if applicable.)       Yes       No

### **Background information**

How did you hear about Sunburst and become interested in spending time at Sunburst Sanctuary?

Why would you like to be part of the Karma Yoga Program in particular?

Have you read Norman Paulsen's autobiography, *Life-Love-God: Story of a Soul Traveler*, and do you have any other previous experience with Sunburst?

What is your previous experience with the spiritual path in general?

Residents of Sunburst Sanctuary are dedicated to following the Sunburst teachings, as described in the book by Norman Paulsen – *Life-Love-God*. You can also visit our website for information: [sunburst.org/practices](http://sunburst.org/practices). As a Karma Yoga Program participant, it is important that you have an interest in learning and experiencing what we share here. Our spiritual life is dedicated to the Divine, and our path is to raise our consciousness for the betterment of the world, through selfless service, spiritual practice, and supportive community.

Does this interest you and feel comfortable for you?     Yes             No

### **Medical Questionnaire**

*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 Karma Yoga Program can best work for you. The program requires that you participate in a variety of activities, some more strenuous than others, and your responses will help us determine which activities may be right for you. All responses are kept confidential.*

Please describe your overall health, fitness level, and capability of participating in physical activities:

The Karma Yoga work activities generally include light gardening – planting, harvesting, weeding and/or light cleaning in the Lodge, Office or Shop. The physical demands for these activities may require bending, stooping, kneeling, lifting up to 20 pounds, and walking on uneven ground. If you have any limitations that would prevent you from participating in these activities, please describe:

Please describe any food allergies, and/or any allergies to plant, bee, insect, spider, and, or other:

### Emergency Contact

**In case of emergency, who can we contact?**

Name \_\_\_\_\_ Relationship \_\_\_\_\_  
Primary Phone \_\_\_\_\_ Alternate Phone \_\_\_\_\_  
E-mail Address \_\_\_\_\_

### References

**Please provide two employment references (please do not include relatives):**

1. Name \_\_\_\_\_  
Phone (\_\_\_\_) \_\_\_\_\_ Work Title \_\_\_\_\_
2. Name \_\_\_\_\_  
Phone (\_\_\_\_) \_\_\_\_\_ Work Title \_\_\_\_\_

**Please provide two character references (please do not include relatives):**

1. Name \_\_\_\_\_  
Phone (\_\_\_\_) \_\_\_\_\_ Relationship \_\_\_\_\_
2. Name \_\_\_\_\_  
Phone (\_\_\_\_) \_\_\_\_\_ Relationship \_\_\_\_\_

## Sunburst Karma Yoga Program Guidelines

While participating in the Sunburst Karma Yoga Program:

- I agree to embrace the Sunburst teachings, including the Twelve Virtues and the Eightfold Path of Conscious Living, as described on the Sunburst website ([sunburst.org/rainbow-path](http://sunburst.org/rainbow-path)).
- I will attend daily group meditations, and Sunday meditation services.
- I will also meditate on my own, using the Sunburst meditation techniques.
- I will volunteer my service to help support the work of Sunburst.
- I will refrain from smoking and from the use of alcohol, tobacco, and non-prescription drugs.
- I will refrain from bringing pets onto the property during my stay.
- I agree that no fires of any kind are allowed on the property, including but not limited to candles, incense, and camp stoves.

**I agree to abide by the Sunburst Karma Yoga Program Guidelines for the duration of my stay, and that all of the information in this application is correct to the best of my knowledge.**

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Printed Name: \_\_\_\_\_

***Thank you for completing this application.  
We look forward to hearing from you!***

Return completed application by email to [curtis@sunburst.org](mailto:curtis@sunburst.org)  
or by postal mail to the following address:

**Sunburst, ATTN: Karma Yoga  
PO Box 2008  
Buellton CA 93427**