

3) What part(s) of Polestar's vision do you feel most drawn to?

4) What would you like to gain from your time here?

5) What would you like to share with others in the community?

6) Do you have a spiritual practice? Have you had any experience with yoga and meditation; or with the teachings of Paramhansa Yogananda?

7) Yogananda's ideal was a life of intense activity and deep meditation. In addition to the required work trade hours, we also ask that you participate in other ongoing community events including: Sadhana (spiritual practices) at least 3 or 4 times a week, normal house chores (including cooking, or helping cook once a week), occasional classes, work days, kirtans (group chanting) and adventures. Do you foresee any difficulty participating in this dynamic lifestyle?

8) Are you willing to commit to not using drugs or alcohol either on or off the property during your stay with Polestar?

Yes

No

9) Do you have a residence to return to at the conclusion of your stay at Polestar?

Yes

No (please explain why not)

Medical Questionnaire

- 1) Our program very often includes physical labor. Do you have any physical limitations or medical conditions we should be aware of?

- 2) Generally speaking, we are a lacto-vegetarian household. Do you have any special dietary needs or restrictions?

- 3) Do you smoke? Yes No

- 4) Are you currently seeing, or have you seen in the last five years, a physician or therapist for any physical conditions or mental illness?

- 5) Are you now taking any medications? (If yes, please specify)

- 6) Have you ever had an alcohol or substance abuse problem? (If yes, please specify)

Emergency Contact Information:

Name _____

Relationship _____

Street Address _____

City _____ State _____ Zip _____

Phone _____

Please include at least 2 character references with contact information:

Name _____ Relationship _____

Phone _____ Work Title _____

Name _____ Relationship _____

Phone _____ Work Title _____

Please fax completed application to (888) 478-2685