

Karma Yoga Tasks and Teams

Grounds Setup and Maintenance

Team assigned _____

Team Lead _____

Start Date _____

End Date _____

First thing Saturday morning

- Arrive by 8:30 am to set up the deck
- Cleaning the deck from debris, branches (might need to use a broom to sweep)
- Set up tables and chairs to accommodate for the number of students/teachers
- Ensure the tables are covered with tablecloths (during windy days, make sure to place something to hold the tablecloth down (e.g., river rocks)
- In case of inclement weather, check with studio personnel or studio owner if lunch should be set up indoors.
- At the end of each day – consolidate and empty the trash bins from the deck into dumpster by the parking lot and replace the trash bag.

Last thing Sunday evening

- Clean all tablecloths with sanitization wipes and put them away in designated area
- Tables and chairs put away into storage sheds
- Consolidate and empty the trash bins from the deck into dumpster by the parking lot and replace the trash bag.

Karma Yoga Tasks and Teams

Facilities Maintenance

Team assigned _____

Team Lead _____

Start Date _____

End Date _____

First thing Saturday morning

- Arrive by 8:45 am to start chanting, creating a meditative atmosphere in Shakti room
- Someone from the team can sit on stage and lead the chant (any Kundalini Yoga mantra)

Saturday Evening

- Sweep the bathroom floors
- Clean bathroom sinks and toilets
- Ensure there is sufficient toilet paper and paper towels supplies in each bathroom
- At the end of each day – consolidate and empty the trash bins from all the bathrooms and take it out to the dumpster by the parking lot and replace the trash bag

Last thing Sunday evening

- Clean the bathroom floors, toilets, and sinks
- Consolidate and empty the trash bins from all the bathrooms and take it out to the dumpster by the parking lot and replace the trash bag
- Sweep the floors in the hallways
- Vacuum the Shakti room and area rug in the foyer
- Ensure all yoga blankets and bolsters put away neatly
- Collect the tissue boxes from around the room into one area
- Check the AC setting/ceiling fans and turn the lights off in unused rooms and bathrooms

Karma Yoga Tasks and Teams

Food Serve and Kitchen

Team assigned _____

Team Lead _____

Start Date _____

End Date _____

Saturday/Sunday lunch time

- Assist with food serving
- Ensure plates, bowls, napkins, and utensils are set up
- Rally the team 15 min before lunch time is over, to begin to clear left over food from the buffet table
- Put any left-over food away into fridge or at least into containers
- All dishes rinsed and loaded into dishwasher
- Soak and wash any big pots
- Wipe down the table clothes

Saturday Evening

- Sweep the kitchen floors
- Clean sinks and wipe down the table and counters (and stove, if not hot or in use)
- At the end of each day –empty the kitchen trash bins and take it out to the dumpster by the parking lot and replace the trash bag
- Follow and check the recycling protocol, empty recycles bin when appropriate

Last thing Sunday evening

- Sweep the kitchen floor,
- Clean sink, wipe the table, and countertops
- Empty the trash bin and take it out to the dumpster by the parking lot and replace the trash bag