



TECHNIQUES FOR JOY

2026 WORK-STUDY PROGRAM

Purpose

The work-study program at Leela offers access to regular yoga, breathwork, sauna & cold plunges, in exchange for 4 hours of work per week. This program is designed to build local community, give wellness access to people from all financial backgrounds, while helping maintain our studio.

Work-study participants support day-to-day operations, cleaning, and maintenance tasks under the guidance of a Leela manager or front-desk staff.

Application Process

- To apply, please email us at workstudy@leelalisboa.com including availability, motivation, and relevant experience.
- Please include a recent photo, your Instagram handle, your nationality, languages spoken.
- One of our managers will then conduct a short interview to ensure reliability, enthusiasm, and an overall good fit.

Orientation

- New participants attend an orientation session, including a studio tour and an overview of expectations.
 - Work-studies will have access to a shared work-study information folder with clear task checklists, studio policies, and FAQs.
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Scheduling and Coverage

- Work-study shifts are scheduled in **4-hour blocks** and typically include one or two participants per shift.
- Each shift is supported by a paid staff member to ensure coverage and guidance.
- Our manager will schedule your shifts, we use Google calendar for scheduling.

- Communication is facilitated through a dedicated WhatsApp group for updates, shift swaps, and reminders.
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Sample Shift Tasks

Pre-Class Prep

- Vacuum & sweep the studio.
- Set up the correct # of mats for the next class
- Bathrooms: wipe countertop, restock toilet paper, wipe down toilet seat, ensure all rubbish is disposed of, ensure there is soap.

Post-Class Cleanup

- Spray & wipe down yoga mats
- Put away extra mats
- Reset props and tidy shelves

The Wet Terrace Maintenance

- Sauna: remove any extra towels or rubbish.
- Plunges: keep surface water clean.
- Wet Terrace: remove any extra towels or rubbish, keep floors and surfaces dirt free. Be available to guests.

Community

- Greet students, be friendly, and answer questions about the studio.

*All tasks are included in a shared **work-study document**, categorized by shift time (e.g., "Morning Shift Tasks," "Evening Shift Tasks").*

Attendance

- Participants are required to provide advance notice for shift cancellations.
- A two-strike policy is in place for no-shows or tardiness.
- Work-studies are expected to be well groomed and have good hygiene (brush your teeth before your shift!)

Flexibility

- Makeup shifts may be arranged for missed work within the same week.

Accountability

- Participants log completed tasks using a task sheet.
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Perks

- Unlimited yoga classes available to active work-studies (if space is available)
- Unlimited access to wet terrace for active work-studies (if space is available)
- 15% off all Leela merch
- 25% off refreshments

*Work studies need to register and pay full price for special events, such as workshops, retreats and trainings.

