



## Scholarship Application for 2020 Opening Yoga Workshops

Mind Body Solutions, a 501(c)(3) non-profit corporation, is pleased to offer scholarship opportunities for its Opening Yoga Workshops during the 2020 calendar year. Please take the time to read this information thoroughly before filling out your application.

### **Eligibility**

Eligibility is primarily based upon financial need as set forth by the US Federal Household Guideline at 2½ times the Federal Poverty Level (see application chart). We consider this application to be a trust-based process and rely on applicants' honest and complete self-report of financial need. Eligibility does not guarantee a scholarship.

### **Application Guidelines**

- Scholarship funds are limited and will be awarded for partial tuition (\$500).
- Apply early. Scholarship applications are evaluated in the order received.
- We will notify you when your application is received and when we will begin making decisions about your application.
- Submitting an application *does not* register you for a course. You may register and pay in full for a course prior to learning if you have been awarded a scholarship with the understanding that if you *do not* receive a scholarship, you will be responsible for the full course tuition.
- Submitting an application *does not* guarantee you a scholarship.
- You may apply for more than one course, however, only one scholarship will be allowed per individual per year.
- If you do not receive a scholarship, you will be put on a waiting list and be reconsidered if someone cancels their scholarship.
- This scholarship may be used only by the intended recipient and is not transferable.
- Once notified of the award, recipient will register and pay *in-full* online. MBS will then dispense a check in the amount of \$500 to recipient.
- These scholarships *do not* include the Mind-Body Approach to Trauma and PTSD workshops.
- If a scholarship is received, it must be used for the intended workshop in this calendar year. If you are unable to attend the course this year, the funds will be offered to another applicant and you are invited to reapply again next year.

### **Completing your Application**

- Part A: Fill out Application Form
- Part B: Write personal essay, not to exceed 250 words.
- Part C: Submit your application via email or standard mail.

## Opening Yoga 2020 Scholarship Application



### Please indicate course:

- ☐ April 20-24, 2020 Opening Yoga Level I/II Combination
- ☐ June 15-19, 2020, 2016 Advanced Studies Workshop
- ☐ September 28-October 2, 2020 Opening Yoga Level I/II Combination
- ☐

### **Part A / Applicant Information**

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_  
State: \_\_\_\_\_ Zip code: \_\_\_\_\_ Country: \_\_\_\_\_

Primary Phone: \_\_\_\_\_  
Email: \_\_\_\_\_  
Occupation: \_\_\_\_\_

### **Household Income Eligibility**

Household Size: To be eligible for a scholarship, your maximum household Income cannot exceed:

1 Person \$30,350   2 People \$41,150   3 People \$51,950   4 People \$62,750   5 People \$73,550

I certify that I meet the Household Income Eligibility requirements. I understand that this information is kept confidential and is used only in determining scholarship eligibility.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
(electronic signatures OK)

### **Part B / Personal Essay**

Must be 250 words or less. Briefly describe your reasons for wanting to take this course, how yoga has impacted your life, and what you hope to gain from taking this course. Please attach this as a separate legibly written or typed document.

### **Part C / Submit your Application**

Review all portions of application and then submit electronically to:

[amy@mindbodysolutions.org](mailto:amy@mindbodysolutions.org)

OR

Mail to:  
Mind Body Solutions / 4212 Park Glen Road / St. Louis Park, MN 55416 / Attn: Scholarship Program

### **Questions about completing this application?**

Email [amy@mindbodysolutions.org](mailto:amy@mindbodysolutions.org)

Thank you for your interest in a scholarship from Mind Body Solutions. Your request will be carefully considered.

Sincerely,  
Mind Body Solutions Scholarship Committee