

**CSU****CAMPUS RECREATION**

## Colorado State University Campus Recreation Yoga Teacher Training Scholarship

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Yoga has a very deep history and is an important part of life for millions of people globally. It is a practice founded on the idea that yoga is for everybody. Yoga in the West, however, has largely done a poor job of being inclusive to people of color, people with disabilities, people from low-income backgrounds, and people with other marginalized identities. One step toward solving these problems is to have more diversity among yoga teachers. This is why Campus Recreation is offering the Yoga Teacher Training Scholarship.

In alignment with the Campus Recreation values, our yoga program is committed to offering a space inclusive of all backgrounds, body types, genders, experience levels, belief systems and identities. We strive to hire a diverse team of instructors, to make inclusion a pillar of our program, and to constantly challenge ourselves to grow.

Yoga teacher trainings (Y.T.T.) require a large commitment of time and money, and this is a common barrier for people to obtain a certification. Therefore, this need-based scholarship awards the registration cost for a spring 2024 Y.T.T. to one Colorado State University (C.S.U.) student with at least two years left until graduation with a passion for yoga who would like to join the yoga instructor team at C.S.U. Campus Recreation.

If you would like to receive this application or information in a different format, or if you have any questions about the process, please email [hfody@colostate.edu](mailto:hfody@colostate.edu).

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The recipient of this scholarship will be registered for a 200-hour yoga teacher training at zero cost to them at Om Ananda Yoga in Fort Collins.

### Om Ananda Yoga

- Dates: January 12th-May 5th 2024
- Every other weekend!
- Fridays 5:45-8:30pm, Saturdays 9:00am-6:30pm & Sundays 9:00am-6:00pm
- Jan 12-14, Jan 26-28, Feb 9-11, Feb. 23-25, March 8-10  
March 22-24, April 5-7, April 19-21, May 3-5
- Details at [www.omanandayoga.com/200hour](http://www.omanandayoga.com/200hour)

Name	<input type="text"/>		
C.S.U. Email address	<input type="text"/>		
Phone	<input type="text"/>	Major	<input type="text"/>
Anticipated graduation date	<input type="text"/>	Cumulative G.P.A.	<input type="text"/>

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The following will be reviewed in our consideration of scholarship applicants:

1. Completion of this application and responses to questions
  2. Demonstrated financial need (Estimated Family Contribution of \$12,000 or less on 2023-24 Student Aid Report)
  3. An in-person interview for select candidates
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The recipient of this scholarship will be expected to fulfill the following requirements:

1. Shadow C.S.U. Campus Recreation yoga instructors for a total of 15 hours, paid, prior to May 2023
2. Attend and complete the 200-hour yoga teacher training at Om Ananda Yoga
3. Upon completion of the yoga teacher training, teach at least twice per week at C.S.U. Campus Recreation for at least two semesters as a paid student instructor

Please submit **this completed application** along with the following items.

Please attach **your answers to the following questions**, and limit each answer to one page typed.

1. What does your yoga practice mean to you, and how has yoga impacted your life?
2. What experiences have prepared you to teach and lead others?
3. How have your identities interacted with your experience with yoga?
4. How do you plan to balance the weekly time commitment (~2 hours outside of class, plus class time) with your schoolwork and other involvements? How does Yoga Teacher Training fit into your life?
5. How would receiving this scholarship impact you?

Please attach your **cumulative G.P.A. from RamWeb** and your **2023-24 Student Aid Report** (<https://studentaid.gov/apply-for-aid/fafsa/review-and-correct/review>). If you do not have a FAFSA, you may submit your CASFA report (<https://cdhe.colorado.gov/students/preparing-for-college/colorado-application-for-state-financial-aid>).

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Please submit your completed application via email to [hfody@colostate.edu](mailto:hfody@colostate.edu) by December 1st at 5pm MST. Only complete applications will be considered. Chosen applicant will be notified no later than Friday, December 8<sup>th</sup>, 2023.