

## **KAIUT YOGA SCHOLARSHIPS GUIDE TEACHER TRAINING - 2021**

Sharing our therapeutic yoga method with as many people as possible is a goal that we always strive for. We believe everyone needs to have access to this unique tool for health and wellness. We also want our teachers to expand their vision in making yoga more accessible, so truly everyone can experience the benefits.

To this end, we are offering scholarships for the next Teacher Training. To be awarded a scholarship requires carrying out a social project that provides free yoga classes to a particular community, non-profit or social organization.

To be eligible, candidates must submit a proposal for a social project, which must follow all the guidelines in this document. The project will be carried out following successful completion of the teacher training and certification as a Kaiut Yoga teacher.

### **1. THE SCHOLARSHIP**

- a. The scholarship award is a **50% discount** on the total investment of the Teacher Training, which is USD\$3,999.
- b. **Ten scholarships** will be awarded.
- c. The scholarship is only valid for the online Teacher Training that starts on July 16, 2021 and cannot be applied to any other course or training.
- d. If a student who received a scholarship does not complete the training, or discontinues training at some point, the student will only pay the discounted amount for the months attended.
- e. The 50% scholarship discount will be applied regardless of the payment method chosen.
- f. The scholarship discount cannot be used with/added to any other promotional discount.

### **2. CRITERIA FOR ELIGIBILITY**

- a. To be eligible for a scholarship, the applicant must submit a proposal for a social project, which shall provide **free yoga education to a community, non profit, or social organization**.
- b. The duration of the social project must be carried out over at least **12 months**.
- c. Each applicant can submit only **one project**.

- d. There is no age limit or geographic location for the scholarship candidates.
- e. The candidate must be an English speaker.
- f. The candidate does not need to have previously taken Kaiut Yoga training or classes; i.e. candidates who are new to Kaiut Yoga are welcome to apply.

### **3. THE PROJECT**

- a. The project must have a specific objective and specify the group of people who will be offered free classes.
- b. The Kaiut Yoga Method must be the reference base of this social project. It is mandatory for Kaiut Yoga to be used during the classes offered.
- c. The proposal must contain the following information:
  - i. Candidate name and contact details (email, phone, address/location).
  - ii. Candidate experience with the Kaiut Yoga Method: indicate previous trainings, how long you have been practicing. Those entirely new to the Kaiut Yoga Method are welcome to apply.
  - ii. Project name.
  - iii. Project objective: define the main objective of the project, explaining how the Kaiut Yoga Method used.
  - iv. Project description: explain in detail how the project will work and be made possible; its stages, characteristics, resources and supports you will need/use, logistics and setting. Include your intended strategy of connecting with the intended community group, non profit or social organization.
  - iv. Project audience: specify the group of people who will take part in the free yoga classes. This must include your reflections and any information on why this group of people may have difficulty accessing yoga.
  - v. Schedule: provide a proposed class schedule including frequency and duration of classes/contact, for the 12 months of the project.
  - vi. Teaching modality: specify the modality you intend to carry out this project, this can be in person and/or online.

- d. The goals, intentions, and execution of the project need to be aligned with the mission and purpose of Kaiut Yoga, summarized in the following key terms: yoga for everyone, longevity, mobility, sustainability, diversity, simplicity, kindness, excellence, and consistency.
- e. The project does not necessarily need to be carried out immediately following the end of the Teacher Training. However, proposals that are well-structured and have specified dates and timelines have a greater chance of being selected.
- f. Suggested length of proposal is between 2-4 page.

#### **4. THE SELECTION**

- a. Ten projects will be awarded scholarships, as chosen by the Scholarship committee.
- b. The main criteria being evaluated are: the scope of the project, the intended audience of the project (that they are a community who would otherwise experience difficulties in accessing yoga), and the project's viability and alignment with Kaiut's purposes. Proposals should be well-structured and developed. Writing style and language should be clear.
- c. Only candidates who are awarded scholarships will be contacted, and notified via email.
- d. Be sure to review your proposal prior to submission, as no adjustments or corrections can be made once the proposal has been submitted.
- e. Students new to the Kaiut Yoga Method or to Kaiut Yoga Teacher Training will have a preference in the selection process.

#### **5. PROPOSAL SUBMISSION & FINAL COMMENTS**

- a. The project proposal must be emailed to ravi@kaiutyoga.com by midnight June 30th, 2021 (USA); no submissions will be accepted after this date.
- b. Selected students will be contacted directly prior to the start of the training.
- c. Comprehending and following these guidelines carefully is assessed as part of the selection process.. Only pertinent questions will be answered via email: ravi@kaiutyoga.com.