



Seva: “An act of selfless service, a way to give your time and energy to the greater good.”

In yoga practice there is a concept known as Seva. Seva is a Sanskrit word meaning “selfless service” or work performed without any thought of reward or repayment. In ancient India seva was believed to help one's spiritual growth and at the same time contribute to the improvement of a community.

We believe that the practice of yoga should be available to everyone, because everyone can benefit from yoga and meditation. We also believe in “Seva,” through the act giving back to the community.

In an effort to encourage the true spirit of yoga, Just Breathe Yoga Center is proud to offer a Seva scholarship award to individuals in our community who wish to take classes but are experiencing financial hardship or who cannot afford to do so.

You need not be an expert yogi or even have practiced yoga before; the only thing needed is a passion to participate and a motivation to utilize the tools and techniques of yoga to benefit your life. We look forward to finding candidates who are interested in being a part of the JBYC community.

SCHOLARSHIP COMMITMENTS

- Must be 18 years old
- All candidates must complete the full scholarship application as well as agree to attend at least three (3) classes per week for the duration of the four-month scholarship period.
- Must agree to a four-month commitment.
- Must commit to three (3) hours a week assisting at the studio.
- Scholarships are not renewable and will expire after four months.
- Scholarships are valid only for Unlimited Classes and are **not** considered a membership. Membership benefits are not included.
- At the end of the scholarship, all grantees will submit a 250-word reflection on their experience at the studio and in class.
- Scholarships are not transferable for workshops or to other participants.
- Scholarships will be revoked if grantees fail to maintain attendance as per the application commitments.

Annual Household Income: Please attach copies of applicable tax returns. Income information is confidential and is required in order to process your application. All information should be from the most recent tax year.

(After we receive your application, we will schedule a formal interview)



Application for JBYC Scholarship Program

(PLEASE PRINT)

(First Name) (Middle) (Last Name)

Home Address (Street)

(City) (State) (Zip)

(Date of Birth)

(Phone)

(E-mail address)

(Emergency Contact and Relation)

Phone

Do you have any medical conditions? If yes, please explain:



Please use a separate document to complete the following questions. Please email completed application to both kim@douglasvilleyoga.com.

1. Are you currently employed? (Please explain)
2. Have you previously practiced with Just Breathe Yoga Center? If not, please list include where you have practiced.
3. How long have you been practicing yoga? Please describe your current yoga practice.
4. What does yoga mean to you and how has yoga helped you?
5. Why have you chosen to practice at Just Breathe Yoga Center rather than another studio or at home?
6. In 150-300 words, please describe how you will benefit from participating in our yoga program?
7. How often do you plan to practice at Just Breathe Yoga Center?
8. How do you intend to apply what you learn from this program and "Pay it Forward" to others?
9. Why are you applying for a yoga scholarship at this time? (Please discuss your current life situation (financial, home, life, physical, and health))
10. Are you willing to advocate for JBYC via social media posting, online reviews, attending community events, etc.? (Please explain how you would be an active member of our community)
11. Please list any special circumstances that you feel are important and/or affect your financial status.

The applicant is hereby informed that all funds distributed by Just Breathe Yoga Center Scholarship Program are done so at the sole discretion of JBYC and that the determination of said distribution shall not be influenced by age, race, or creed. However, distribution is determined by the applicant's financial need. I have read, understand, and agree to the JBYC Scholarship Program Information and Requirements accompanying this application. I certify that all the information I have provided is complete and accurate and that I have given a full disclosure of my financial status. I understand that all the information in this application will be kept strictly confidential and only used to determine my eligibility for a scholarship.

Signature: _____

Print name: _____ Date: _____