



## Equity in Yoga scholarship program

The Ralston Method Equity in Yoga scholarship program is a brand new initiative to create better representation of diversity within yoga teachers and the communities we reach.

We see that quality yoga teacher training is not available to many on the basis of age, gender, , language, economic standing or disability. We also acknowledge that Māori and Pacific Island peoples are under-represented in the yoga community and especially as yoga teachers. Our Diversity in Yoga scholarship program aims to create equity in the accessibility to yoga teacher training and to help overcome barriers to yoga education.

This scholarship aims to overcome some of the financial barriers to yoga education facing anyone from these underrepresented groups within Aotearoa. In an effort to expand our reach, we will advertise this scholarship in different ways than our traditionally advertised teacher training program - our motivation is clear, we want to reach communities where there are yogis, but no teacher training programs

We acknowledge that this doesn't address every barrier in the yoga community, and we have ongoing work to do to increase accessibility and create equity in yoga. This scholarship is part of an ongoing program of work. If you have suggestions for opportunities that you think we can address in our community, or for ways to reach additional communities to ensure inclusivity and breaking barriers, please e-mail us at [theralstonmethod@gmail.com](mailto:theralstonmethod@gmail.com)

If you are interested in helping by donating to fund the Equity in Yoga program, please e-mail us at [theralstonmethod@gmail.com](mailto:theralstonmethod@gmail.com)

### Scholarship details

- Two scholarships will be awarded in 2021. One full scholarship and one partial 50% scholarship. This covers course costs and includes the trainees membership at Urban Ashram for the duration of the training. Full scholarship worth \$5,400 partial worth \$2,700.
- We understand that the remaining 50% of the investment is still a large sum - covering 50% is the best we can do right now although clearly we hope to cover more in the future. To help the successful applicant cover

the last 50%, we can arrange a payment plan or help to set up a crowd funding page and advertise it through the studio and various marketing channels.

- The successful applicants will need to purchase or borrow the books from the reading list and the recommended app.
- Accepting a scholarship automatically enrolls you in the training.
- To apply, fill out the standard teacher training application, along with the Equity in Yoga scholarship application. If you are shortlisted you will need to be available to have an in person or zoom interview
- Full participation and dedication to the course is required.
- Upon graduation, the work that you intend to do must be based in Aotearoa and help improve physical and mental wellness within a diverse community.

### **Scholarship Criteria:**

- Our Equity in Yoga scholarship program is open to anyone who comes from the above mentioned groups or circumstances and/or has plans to reach into communities that would otherwise not have access or availability to yoga with their teaching.
- Applicants need to have a genuine passion for and interest in yoga, and already have an intermediate level yoga practice, regardless of whether it is home or studio-based.
- Applicants should have the goal of teaching in some capacity upon graduation from training within a diverse community group.
- Nikki will work with the recipients of the scholarships with HOW to reach into these communities and start a positive impact program.

### **T&C's**

- Nikki Ralston's decision is final and no correspondence will be entered in to.
- Applications close 15<sup>th</sup> April 2021
- If the recipient misses classes or course content without prior approval, Nikki Ralston reserves the right to terminate their participation.



**Take some time to think about your history, background and the things that made a lasting impression in your life. How do you want to use these things to help reach a community of people who would benefit from, yet not have easy access to yoga.**

**What kinds of change do you hope to inspire through the teachings of yoga. How would you like to share the tools of yoga in the future. Dream BIG I want to hear your dreams as well as plans here!**

Essay format- up to you how long
