



Scholarship application 200 Hour Teacher Training

With Dina Martinez and the experienced teachers of Naked Feet Yoga

Our scholarships are about finding the bright sparks within our communities that have an existing and/or have a strong intent on humanitarian work. Yoga practitioners who have a deeply ingrained calling for service and those who are passionate about helping others. If you have a regular yoga practice, keen on using yoga in relation to community support and believe that you have the maturity to be a pillar of support read on.

For the right candidate/s, we are here to nurture you.

WHO CAN APPLY

This is a grant based on good merit. It is open to individuals that have a regular yoga practice, ready to take the next step into teaching yoga.

The intention of this scholarship is to put fourth passionate and experienced yoga practitioner/s into a role of teaching and leadership. It is not open to practitioners & yoga teachers who have previously completed one or more teacher training courses.

Candidates must display:

- (a) existing work experience in the yoga community or personal practice.
- (b) have a strong intention to contribute within Naked Feet Yoga and it's community
- (c) a willingness to fulfill tasks and commitments with Naked Feet Yoga.

FULL TRAINING COURSE SCHOLARSHIP

This scholarship includes:

- course admission for the full teacher training
- course administrative and course manual fees
- 200hr teaching certificate upon successful completion of the course.

Additional Expenses

This scholarship does not cover accommodation, meals and daily expenses. Candidates must be able to cover their own costs and are free to choose their own accomodation based on personal preference and budget.

Applicants are to submit his or her application truthfully.



During Training

Full course attendance is a requirement for the teacher training certification. Candidates need to ensure their full availability for the duration of the training course selected.

Successful candidate/s attending the course are subject to the same certification requirements and commitments of his / her fellow participants in the yoga teacher training program.

End of training

A one-on-one sit down with the candidate will be scheduled in to discuss and create an action plan for the Post Training Commitments.

Applicants are to submit his or her application truthfully.

Post Training Commitments

Pass it On - Upon successful graduation from the teacher training program, the candidate is committed to :

- Teach a minimum of 24 free yoga classes at NFY. Classes are to be taught at regular intervals and with a pre-determined timeframe. This is approximately a 6 month commitment (depending if classes are lead bi-weekly or weekly).
- Keep a record and journal entry of each yoga session taught including the development of your yoga sequences as you go along.
- The successful candidate(s) will receive a confirmation email on their scholarship award and will be formally enrolled into the training program. Scholarships are awarded out at least 3 weeks prior to the start of the course to allow for sufficient time to make your necessary arrangements and plans.

BENEFITS

Aside from the obvious benefits of getting a scholarship(!) the post-training teaching commitment allows the candidate to start teaching yoga soon after the completion of their yoga teacher training program. This is sometimes not the case and much gets forgotten after a course.

The successful candidate:

- Gives back to the community - NFY
- Has access to feedback and mentorship
- Develops familiarity and ease teaching yoga
- Gets to test out and modify their yoga sequences in relation to a particular group over an extended period - An observation and refinement process highly beneficial in learning to become a good yoga teacher
- Receives a written testimonial from the Lead teacher.
- Gains valuable teaching experience that will aid in mock interview classes with yoga studios

The benefits to this scheme are multifold. Yes, it can be a win-win for everyone!