



Costa Rica 2016 Travel Scholarship Application: Due January 22, 2016

Part 1.

- Trip dates: February 27 – March 5, 2016 **Can you make it?**
- Your costs: Transportation to and from Costa Rica. **Agreed?**
- **Your Name and your location.**
- If you are registered with Yoga Alliance, please note your designation and number.
- If you are not registered with Yoga Alliance:
 - Did you graduate from Camp Utopia?
 - If not, where? Provide a jpeg copy of your graduation certificate.
- Have you paid your tuition in full?
- Which program? **300 hours / 500 hours**

The next requirements are meant to help guide your thinking into specific desires or directions. If you don't know, it's ok to say you don't know, because we will help you decide, but in as many of the following questions as possible, please think about and define your desires.

Part 2. You will be teaching in Costa Rica. We will help you decide what you will teach, but if you have a particular theme or practice you are eager to develop and share, tell us about it.

Part 3. You are required to teach a class, lab or workshop live, or by video, so we can get to know you. Please briefly describe the theme or program you are planning. If you are one of the top 5 applicants, we will contact you to set up the appointment for this class.

Part 4. You are required to complete a service (karma) project. **The Karma Project** - you will take yoga out into the world in support of something greater than yourself. This is not the same as teaching free yoga classes in the park - you will learn how to choose karma projects appropriate to your unique self, and beneficial to your smart business practices. Please briefly describe your current idea or desire.

Part 5. An additional 8 projects are required for you to complete your program. We will help you plan your marketing assignment, so please briefly describe your current plan for each of the remaining 7 assignments:

The Lifestyle Assignment: Yoga is more than mat classes. Choose an "other-than-poses" aspect of yoga to study more deeply: a great book, a deep study of chakras, sanskrit, or cleansing techniques, etc. and create a class, project or workshop around it.

The Specialty Assignment: Yoga is more than fitness classes. People need pre-natal, post-natal, yoga for kids, yoga for seniors, corporate yoga, cruise ship yoga... Outside of gyms and studios, there are many places to teach, and they often pay better. What interests you?

The Diversity Assignment - Acro Yoga, Paddle Board Yoga, Slackline Yoga, Yoga for golfers, Yoga for runners, Yoga for frequent flyers. Being able to effectively teach all kinds of classes to all kinds of people equips you to meet the needs of a whole community. Mix yoga with one of your complementary practices, or learn something new. Design a project around it.

The Advanced Teaching Assignment - It's good to keep growing, and there is a hungry market for yoga workshops, retreats, CEU courses, and teacher trainings. Channel your love of hands on adjustments, arm balances, breathing techniques or restorative yoga into a workshop for teachers.

The Alternate Income Stream - Are you a writer? Photographer? Clothing designer? Painter? Design a logo, build a website, host a retreat, print tshirts, record a dvd, make a playlist or a CEU - there are lots of way to combine your passions into alternate income streams. Your project might be a business plan, a portfolio, or a new blog - we're here to support your creativity with smart business advice, so tell us what you want to create.

The Healthy Living Assignment - people in our busy world want and need

more than a simple yoga class. Nutrition coaching, private yoga, or adding yoga to a complementary business - Cwhat other element of healthy living do you want to learn, so you can be a better model of well-being for your students? You'll make a project of it, and we'll help you explore all the ways you can use it in your teaching.

The Wisdom Assignment - you will choose your wisdom assignment, studying the work of one or more master teachers, or following a specific discipline or style, and creating a project to express what you gained from those teachings.

Part 6. Please answer the following questions in a few sentences or paragraphs.

- **Who?** Tell us a little about who you are right now, and where you've been. This will include not just your personal yoga journey, but who you are as a yoga teacher.
- **What?** What do you want to do with your life as a yoga teacher? What does Costa Rica offer you that you need?
- **Where?** Where do you see yourself going as "more than a mat class" teacher? Camp Utopia offers the opportunity to learn and practice business, marketing, leadership. What's in your future?
- **When?** 1 year plan? 5 year plan? 10 year plan? Research says you are 9 times more likely to achieve a goal if you write it down. So feel free to write some down for us.
- **Why?** Why should we pick you?
- **How?** If you are selected, how will you enhance my (Camp Utopia, your teachers, mentors, colleagues, students) experience and practice?

