

Yoga East Financial Aid Information

Notice of Nondiscriminatory Policy as to Students

Yoga East, Inc. is a 501(c)(3) nonprofit educational organization and admits students of any race, color, national and ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students at the school. It does not discriminate on the basis of race, color, national and ethnic origin in administration of its educational/admissions policies, scholarships, and other school-administered programs.

Dear Financial Aid Applicant:

Yoga East recognizes that many American families are experiencing increasing economic restraints. Our mission is to make the benefits of yoga available to everyone regardless of financial ability to pay class fees. We structure our class fees to keep yoga classes affordable for most people. We offer scholarships for individuals with low income who otherwise would not have access to yoga classes or yoga teacher training. We can also offer limited fee reductions to students with temporary financial hardships such as layoff, unemployment, bankruptcy or other hardship.

Do not apply for a Yoga East scholarship:

- If you, or a family member who resides with you, has a membership at a gym or fitness center which offers yoga classes, or if you attend classes at another yoga facility, or if such classes are available to you. Our scholarships are only for individuals who truly have no other access to yoga but for our financial aid.
- If your income is in excess of \$20,000 for an individual or \$30,000 for a household of two adults. Please note that we base our decisions on federal poverty guidelines. Requests for fee reductions will not be considered if your income greatly exceeds the guidelines. Special circumstances, such as medical bills, family obligations (supporting an elderly parent or a single parent with minor children) will be considered.

Our regular class fees are affordable for most families. Yoga East constantly surveys yoga class fees at studios around the country to make sure our fees are comparable. Other yoga studios in Louisville charge similar or higher fees, but offer fewer classes. Many gyms have lower fees but have only a few yoga classes. Yoga East offers as many classes as larger studios in major cities such as New York, Chicago and Los Angeles, and we are the only studio in our area with Mysore-Style Ashtanga classes taught by an AYRI-authorized instructor.

Yoga is a skill which takes many years to learn and master although the benefits are felt immediately. Practice is important for maintaining a sense of well-being. The practice of yoga helps us to stay more centered and present with our families and co-workers. My teacher in India often says that a yogi is a blessing to his or her family for seven generations. Yoga teaches us how to remain calm and centered in trying times. It makes us stronger, courageous and more compassionate.

While we do not make it a condition of financial aid, you can help us by volunteering at the studios, at events and workshops.

With Deep Gratitude for Your Interest,

Laura Spaulding

Laura Spaulding, President
Yoga East, Inc.

Application for Reduced Rate

Name

Address

City

State

Zip

Phone:

Date of Birth:

Email:

Have you attended Yoga East classes before?

When?

If you are disabled and your sole income is SSI/disability/workers compensation benefits, check here and sign below. You do **NOT** need to include your tax returns.

To prove financial hardship, check any applicable box below. **If none of the boxes apply, please include a copy of your most recent federal tax return to prove financial hardship.**

Do not include copies of your schedules and state returns. Do not send the originals.

I did not earn enough income to file a tax return.

I am unemployed and my sole income is unemployment benefits.

I qualified for an Earned Income Tax Credit on my most recent tax return.

I am a resident of a shelter, halfway house, transitional housing or Section 8 housing.

I am a full-time student below age 21, not employed full-time, and reside in student housing or with parents.

Other financial hardship including temporary hardship (please describe):

I certify the information given on this application is true and complete to the best of my knowledge and belief. (Financial aid awards can be withdrawn for incomplete or inaccurate information.)

X

Dated

(Signature Required)

Mail to: Yoga East 1232 E Broadway Louisville, KY 40204

All information you provide us is confidential.

Office Use Only:	Reviewed by:	Approved: Yes	No
Amount of aid awarded:	\$	Expiration:	
Notes:			