



## Soul Tree Veterans 200-hour Trauma-Informed YTT Scholarship

Soul Tree Yoga has \$2900 of award money to give for a veteran scholarship recipient towards the full 200-hour training (\$2900) as well as an additional \$150 to go towards the required reading materials and yoga props (if needed).

Through the Soul Tree Veterans 200-hour Trauma-Informed YTT Scholarship, a selected veteran can learn how to teach the ancient practice of Yoga in a trauma-informed style to encourage a more healing and embodied approach to every day challenges that can get in the way of living life fully. The skills and tools learned from this training will be beneficial to both the teacher and students. Healing from trauma happens in community and through an embodied approach. Yoga is a pathway to healing trauma. We believe the best way to honor our veterans is by encouraging them to honor themselves and we hope to achieve that through our unique 200hr Yoga Teacher Training.

The following questions will help us determine how we can best support you in training:

1. Do you have access to a computer and email?
2. Do you speak/read/write English?

\*\*\*Please choose one of the questions below and in 500 words or less why you should be considered for the scholarship.

1. Please define service and the role it plays in your life, or the role you would like it to play in your life.
2. Please give an example of a time when you have been of service and how that experience has affected you.
3. Please choose one target group to which you would like to offer yoga teaching. Who would this group be, and why? How would you go about creating the opportunity? What would be the intention of this service?

If you were to receive this full scholarship for 200hr YTT we ask that you commit to the training as well as give back to the community through volunteer service. Please sign to acknowledge you agree and are committed:

X\_\_\_\_\_Date:\_\_\_\_\_

Checklist to hand in:

- This Form
- Essay
- YTT Application: <https://soultreecolorado.com/teacher-training/200-hour/>
- Enrollment Agreement

\*Email to [info@soultreecolorado.com](mailto:info@soultreecolorado.com)

Feel free to contact us with any questions: [sarah@soultreecolorado.com](mailto:sarah@soultreecolorado.com)

All applicants will be considered equally. Applications will be accepted through September 15th.

Applicants will be contacted by September 20th.

## GoFundMe Language

**HEADER:** Soul Tree Yoga Veterans 200hr Yoga Teacher Training Scholarship Fund - all donations will go to help veterans and transitioning service members obtain the 200hr trauma-informed yoga teacher training certification.

Your donations will assist veteran(s) with partial to full individual scholarships for tuition, required reading material and yoga prop costs.

The funds will be used to train veterans and transitioning service members in Yoga Alliance approved and certified 200hr Trauma-Informed yoga teacher training. The training will provide graduates with a Yoga Alliance approved 200hr YTT certificate.

**HEADER:** Become a Yogi Warrior. Embody your heartfelt intentions and be a sharer of this life practice.

### 200hr YTT STUDIES WILL INCLUDE:

- Yoga philosophy, basic Sanskrit, meditation & mantra
- Framework of psychological trauma and how traumatic stress manifests in the body and mind
- How yoga and mindfulness practices can be used to manage symptoms and facilitate healing
- Basic anatomy, physiology & subtle body anatomy
- How to teach all levels of students
- How to sequence
- Cultivating lifelong friends and community
- Coursework to Awaken your purpose
- Social justice training with Michelle C. Johnson
- And much more...all to REACH YOUR TRUE POTENTIAL!

This multi-layered training will be in the asana style of vinyasa flow, but will explore the depths of yoga's 8 limbs. Giving you the opportunity to define your unique style from an understanding of the broad base of Yoga, reaching to the same peak. Together, we will learn how to hold space for growth and transformation with a Trauma Informed approach.

This is so much more than teacher training. This training reveres Yoga as a life practice, far beyond what we do on our mats, to truly call you into your personal power & purpose in a way that honors nature and all beings everywhere.

Our 200hr Certification is comprehensive and exceeds the Yoga Alliance standards. We are meeting our current times by stepping up our curriculum to even further emphasize Social Justice and a Trauma-Informed framework. In this training, you will learn how to teach the ancient practice of Yoga in a trauma-informed style to encourage a more healing and embodied approach to everyday challenges that can get in the way of living life fully. The skills and tools learned from this training will be beneficial to both the teacher and students. Healing from trauma happens in community and through an embodied approach. Yoga is a pathway to healing trauma.

An experience beyond any other, this unique training provides smaller groups for more attention and intention as you live and learn your yoga practice...

Join skilled, experienced and embodied instructors for an amazing journey! Lead Teacher Sarah Woods, E-RYT 500, Trauma Informed expert Janine D'Anniballe Ph.D, Meghan Stockdale, E-RYT 500, Asha Wolf, DPT & more!

**HEADER:** Included in your training tuition:

- Class Membership (10 classes a month)
- Soul Tree Training Manual
- 5 private mentor sessions