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Scholarship Application for the

Child Light Yoga Teacher Training in Coconino County

January 23rd - January 25th

Coconino Coalition for Children and Youth (CCC&Y), in collaboration with Blue Cross Blue Shield of Arizona, is pleased to present the ChildLight Yoga Teacher Training.

**The first part** of this program is an opportunity for area professionals to attend and become trained in the evidence-based ChildLight Yoga training, designed to provide participants with the tools and knowledge needed to share the gifts of yoga with children ages 2-12. **Twenty-one scholarships, with a value of $360 each, are being sponsored through a donation from Blue Cross Blue Shield of Arizona.** The recipients of these scholarships will be selected by CCC&Y’s Child Abuse Prevention (CAP) Committee based on geographic areas and agency representation. Applications are due no later than December 10th 2014 and recipients will be notified by December 15th, 2014 of their eligibility.

**The second part** of this program leverages this training for the benefit of the broader Coconino County community. Each scholarship recipient must commit to becoming certified in ChildLight Yoga which includes facilitating at least three yoga classes in their community within three months of the teacher training. Additional certification requirements include: developing a lesson plan for each of the three yoga classes, evaluating each class after completion, and taking a short take home exam. You will have the support and assistance of the ChildLight Yoga staff as needed during your certification process.

**To be** **eligible for a scholarship you must commit to completing the certification requirements and to being a continued resource in your community. Prior to the training, scholarship recipients participating on behalf of an agency are asked to submit a commitment form signed by a supervisor or employer. Those participating individually are asked to sign the form themselves.**

Scholarships include all training materials: a certificate of completion, the training manual, a CD *I Grow With Yoga: Yoga Songs for Children*, and the book *Yoga for Children:* *200+ Yoga Poses, Breathing Exercises, and Meditations for Healthier, Happier, More Resilient Children*, written by ChildLight Yoga and Yoga 4 Classrooms Founder, Lisa Flynn.



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Please provide the following information to apply for this scholarship.

**Name/Title: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Agency: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Phone/Fax/Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Geographic Area You Plan to Provide Classes: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Comments on how training might help you in your efforts to support children and families:**

Please return your completed form ASAP to Ruth Ellen Elinski at ruthellen@coconinokids.org

Questions: 928-679-7318