

The Branches

Widening the Canopy - Yoga Nidra Facilitator Training Scholarships

*Up to 3 of our YN Training spots will be offered at a 25-50% off scholarship for folks who identify as racialized, trans, disabled, or low-income. If you identify with one or more of those groups and would like to apply for a scholarship spot, please complete the following application and email it to info@thebranchesyoga.com by **December 1, 2025**. We will be in touch with you to discuss your scholarship application by Dec 15, 2025.*

All Applicants, please complete the following section:

1. Name:
2. Email:
3. Phone:
4. Describe any previous experience with The Branches, Yoga Nidra or Yoga in general:
5. Explain why you are drawn to take the Nidra Training at the Branches:
6. What are you hoping to get out of the program?
7. Are you able to fully participate in the entirety of the program dates and do have space and time in your life for completion of the homework/practicum component (40+ hours of training over 3 months)?

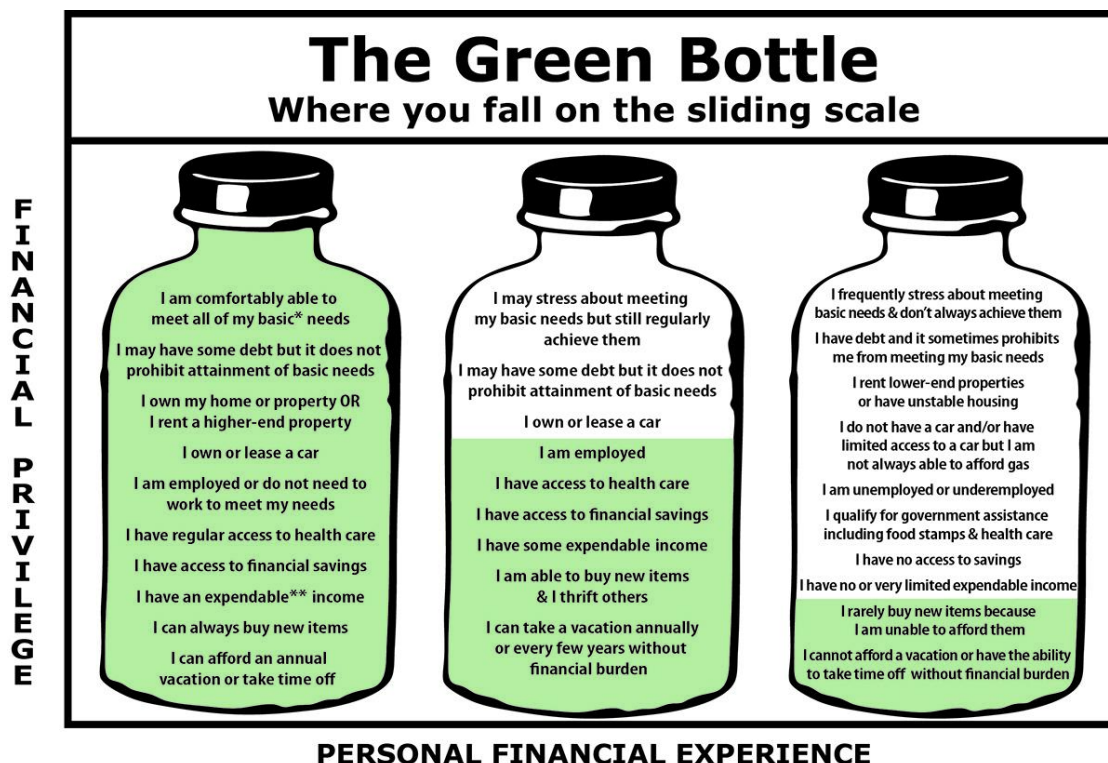
Racialized/BIPOC or Trans or Disabled Individuals - Please complete the following questions

1. Do you identify as Racialized, Trans, and/or Disabled? What would you like us to know about that part of your identity/identities? Are there other parts of your identity you'd like to share?

2. Are you interested in teaching yoga to members of your BIPOC, trans or disabled community/communities? Do you have a vision for this after your teacher training? Would you be interested in support from The Branches to share yoga with your community?
3. What is a good time to reach you by telephone for a discussion of your scholarship application?

Low Income Individuals - Please read the following and complete the section below.

Low Income Scholarships are for folx who identify with the bottle farthest to the right, who identify with statements like "I frequently stress about meeting basic needs and don't always achieve them." This scholarship is not available for folks who identify with the bottle in the middle.



*BASIC NEEDS include food, housing and transportation.

**EXPENDABLE INCOME might mean you are able to buy coffee or tea at a shop, go to the movies or a concert, buy new clothes, books and similar items each month, etc.

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1. Low income scholarships are for people whose individual net after-tax income for the year is below \$25,000 and whose household's net after-tax

income for the year is below \$50,000. Please provide your individual net income **and** your household's net income in the space below.

You may be asked to provide your most recent Notice of Assessment as follow-up.

2. What difference would it make for you to receive a scholarship for our program?
3. What is a good time to reach you by telephone for a discussion of your scholarship application?