

# Beaumont

## Scholarship Application: 8-Week Courses offered by the Beaumont Center for Mindfulness

Thank you for your interest in a scholarship for the either the Mindfulness Based Stress Reduction (MBSR) or Mindful Self-Compassion (MSC) Course. The Beaumont Center for Mindfulness offers a sliding scale scholarship rate. By selecting the highest amount you can reasonably afford, you support our ability to meet as many scholarship requests as possible. Please submit your application 2 weeks before the first class of the 8-week course for which you are applying.

### Eligibility requirements:

- Reside in Michigan
- Demonstrate financial need
- Attend a free Introductory Class (see [Beaumont.org/Mindfulness](http://Beaumont.org/Mindfulness) for current details).
- Commit to attendance at all MBSR or MSC sessions including the retreat, which typically occurs after the sixth week of class.
- Submit a Personal Statement (see below for instructions)

**Submit Questions or the completed application by email:** [CenterforMindfulness@beaumont.org](mailto:CenterforMindfulness@beaumont.org) with “scholarship application” in the subject line.

## Applicant Information

Name \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Email \_\_\_\_\_

Daytime Telephone/Cell Phone \_\_\_\_\_

Date of Birth \_\_\_\_\_

**Marital Status:** (Circle) Single Divorced Widowed Married Separated

Household Size \_\_\_\_\_

**Please indicate date of free Introductory Class you will attend or have attended.**

\_\_\_\_\_

**Personal Statement (500 words or less):**

- Previous experience in mindfulness, meditation or yoga education
- Briefly describe your circumstances to demonstrate financial need
- How will the course fit into your life at this time to assure successful completion of program and home assignments (most important is being able to practice for 45 minutes a day for MBSR and 30 minutes per day for MSC)
- How will this scholarship help you reach your life goals?

**Scholarship Amount Request:**

Please give careful consideration to your request. Paying what you can most reasonably afford allows the Beaumont Center for Mindfulness to offer scholarships to as many students as possible.  
**\*The amount you choose is the amount you will be responsible for paying.**

- \$250.00 **Sustaining Level**
- \$200.00 **Mid Level**
- \$150.00 **Base Level**
- \$\_\_\_\_\_ **Requested Level:** Write in requested amount.

**Scholarship request for course beginning:**

**Please list the start date of the course you wish to attend**\_\_\_\_\_

Please see [Beaumont.org/Mindfulness](http://Beaumont.org/Mindfulness) for a current list of 8-week courses being offered.

**Certification:**

I certify that the information contained within this application, including attached material is correct to the best of my knowledge. I understand that if I am a recipient of a scholarship, I am committing to successfully completing the program to the best of my abilities.

Applicant's signature\_\_\_\_\_ Date\_\_\_\_\_

*We will contact all applicants with final decision prior to the first class session.*