

# Beaumont

## Scholarship Application for Courses offered by the Center for Mindfulness

### Eligibility requirements:

- Reside in Michigan
- Demonstrate financial need
- Attend a free Orientation (see [Beaumont.org/Mindfulness](http://Beaumont.org/Mindfulness) for current details).
- Commit to attendance at all class sessions including the retreat, which typically occurs after the sixth week of class.

### Applicant Information

Name: \_\_\_\_\_

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

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

Email Address \_\_\_\_\_

Phone Number \_\_\_\_\_

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

Marital Status     Single     Divorced     Widowed     Married     Separated

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

**Course Information:** Please see [Beaumont.org/Mindfulness](http://Beaumont.org/Mindfulness) for current offerings.

**Which course are you applying for a scholarship?**

- Living with Ease Mindfulness-Based Stress Reduction: 8-week Course
- Mindful Self-Compassion: 8-week Course
- MBSR Foundations: First Step in MBSR Teacher Training. *See flyer for pre-requisites.*

**Please indicate the date of the free Orientation you have or will attend.**

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**Personal Statement**

Brief describe previous experience practicing or studying mindfulness, meditation or yoga.

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 (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

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. **The amount you choose is the amount you will be responsible for paying.**

#### Living with Ease MBSR & Mindful Self-Compassion

- Sustaining Level:** I am able to pay \$250 (**\$100 scholarship**)
- Mid Level:** I am able to pay \$200 (**\$150 scholarship**)
- Base Level:** I am able to pay \$150 (**\$200 scholarship**)
- Requested Level:** I am able to pay \_\_\_\_\_ (Insert amount)

#### MBSR Foundations

- Sustaining Level:** I am able to pay \$1,175 (**\$400 scholarship**)
- Mid Level:** I am able to pay \$200 (**\$675 scholarship**)
- Base Level:** I am able to pay \$675 (**\$900 scholarship**)
- Requested Level:** I am able to pay \_\_\_\_\_ (Insert amount)

#### 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 \_\_\_\_\_

*Thank you for applying. Please email your completed application to [CenterforMindfulness@beaumont.org](mailto:CenterforMindfulness@beaumont.org) at least 2 weeks before the first class of the course you are applying for. We will contact all applicants with final decision prior to the first class session.*