

Arva Yoga Scholarship Applications 2025

Candidate 1:

Bio

60 year old -Life long learner dedicated to wellness of human body and spirit. 30+ years of experience as a Physical Therapist and Scientist. Proud parent of three wonderful children and one grand daughter

Course

<https://www.yogarenewteachertraining.com/online-yoga-teacher-training-courses/>

Essay

It was 1973 on a rare cooler morning in Andheri, Mumbai. This 9-year-old woke up with the sound of Aum repeated three times. Opening one bleary eye, I spotted my father sitting on his chaddar and practicing his yoga routine. We lived in a one-bedroom apartment, and I had already realized the value of creating a sanctuary in small spaces. A 6X2 foot long chaddar served as a yoga mat, a 3X3 foot area was a nice spot to sit and eat a lovely freshly home-made meal, a small desk in the gallery was a great spot to daydream and occasionally study. My introduction to yoga, its philosophies and practice started at this young age and at home and became an integral part of me. Early on, I learned that to be a Rajyogi meant that you lived with certain principles and values. Growing up, training as a physical therapist and scientist researching muscle physiology, I incorporated yoga in my personal and professional life.

I have lived in the United States for 30+ years and spent some very busy years raising a family and working. All along, I practiced yoga for my personal health and wellbeing. Covid-19 offered the opportunity to focus more on personal health and the health of my family, near and far. I created a 45-minute practice that my husband and I follow daily. Now, I am excited to dig deeper and formalize my training. Explore yoga, all the asanas and philosophies. Always with the spirit

of giving back, I have volunteered my time and efforts in many ways on many occasions. I believe that having a Yoga Teacher Certification would offer me the confidence and validation needed to open up the world of yoga to young and old, Asians and non Asians, in person and online. I strongly believe that formally incorporating yoga with physical therapy offers a unique tool to help with stress, pain and anxiety disorders.

Every morning, while I lay my yoga mat down, I think about how it is my 6X2 foot holy place. I imagine it as all the space I need in this whole entire world at this time. While I do realize that doing a 200 hour yoga teacher certification is only a beginning, I am excited to embark on this next journey, *Inward*

Candidate 2:

Bio

48 year old -I'm a blessed mother of two kids (ages 21 & 16) and a Real Estate Professional by trade. Teaching is my passion for which reason I find myself associated with education, schools, tutoring and substituting. My foremost introduction with yoga was through my respected father-in-law in the year 2005. However, my self interest in yoga started in the year 2009. More of a necessity than interest ,due to creeping health issues like high cholesterol and low iron levels. The biggest of all was the vanishing of thyroid within 3 weeks. My endocrinologist had told me i would have to be on a medication for the rest of my life because thyroid was an autoimmune disorder. Since then I have experienced many more magical benefits of yoga and continue to do so till date.

Course

The Yoga Institute with Lex Gillan <https://www.lexgillan.com>

Essay

Spell bound by yoga myself, I feel I'm ready to embark the journey wherein I can show others the magical benefits of yoga and spread the mantra of body's self-healing capabilities to those who feel exhausted by the non-usefulness of the so called "cures" as described by the modern medical science.

A Yoga Teacher Training will give my experiences the required certification and open up a doorway to the expansive world of healing that I envision for myself in

the future. Through the yoga pathway, many have achieved magical results in practically every walk of life. My interest in the subject gives me a window into many life stories that inspire me to explore more and dive deeper in the expansive science-driven yoga techniques.

In September 2024, just two months ago, I found a yoga teacher training program that fit perfectly into my schedule and I was thrilled to the brim that I would be finally starting the journey. I met the teacher and liked the location. It was also close to my daughter's school and thus pickup after school would not be a challenge either. My dreams were turning into reality and I was happily easing into them. What did not fit in was the cost of the program. I had no idea, whatsoever, about how much these programs could cost. Upon researching I found out that this particular program I was planning to sign up for was actually the most economical and one of the oldest ones in town. But I still could not justify the cost of training and dropped the idea, at least until I could justify the cost in my own mind.

Then magically, I was presented with the opportunity of Arva Yoga scholarship which seemed to be designed just for me. Like a blessing from God saying, "here you go, live your dream". Brings me a big smile and fills my heart with gratitude. Its another example of Gods grace and how we are encouraged in times we need it the most.

Powered by the determination, and the signs I get through the universe, this yoga teacher training is definitely the right step towards a better and a brighter me. And I'm determined to spread the brightness to all.

Candidate 3:

Bio

42 year old -I am an executive working in the financial services industry, a mother a long learner and a passionate yoga educator, committed to bringing mindfulness and yoga into schools. With over 15 years of experience in the financial services industry and a deep-rooted practice of yoga since childhood in Mumbai, I am dedicated to helping children build resilience, emotional intelligence, and well-being through yoga. My journey, from earning certifications in kids' yoga to

training as a 200-Hr RYT, has fueled my mission to introduce yoga in the Columbus school system. Through continued education, I aim to empower the next generation with the tools to thrive both academically and personally

Course

Little Flower Yoga - <https://www.littlefloweryoga.com/training/#certification-track>
My Vinyasa Practice, Austin, TX - <https://www.myvinyasapractice.com/online-training/>

Essay

Bringing Yoga to Schools: A Personal Journey from Mumbai to Columbus

As a data science and analytics executive with over 15 years of experience in the financial services industry, I have navigated complex data models, led high-performing teams, and managed large-scale projects. Yet, my personal journey has also been deeply intertwined with another discipline—yoga. Growing up in Mumbai, India, yoga was an integral part of my life, not only as a physical practice but as a daily expression of mindfulness and balance. As a trained classical dancer, I learned early the importance of flexibility, strength, and focus—qualities that yoga deeply fosters.

After the birth of my children, yoga became a vital tool to regain my strength and flexibility during the postpartum period. The emotional and physical challenges of motherhood prompted me to reconnect with yoga. In 2017, when my children were 3 and 5 years old, I took the initiative to register for a Kids' Yoga Certification through Mini Yogis, a California-based institution. My primary motivation was to share

the mindfulness practices I had grown up with, to ensure my kids could develop resilience, emotional intelligence, and self-regulation from a young age.

This experience sparked a larger vision within me—one that extended beyond my home. While living in New York and Chicago, I had volunteered in local schools as part of Junior Achievement and other community initiatives. I noticed a significant gap in the incorporation of yoga and mindfulness activities in the school system as my kids started their public school journey in Columbus. The value of mindfulness-based practices, particularly for children, was clear to me,

and I became determined to bring yoga to schools in the Columbus metropolitan area.

In order to deepen my understanding and ensure I was properly trained; I pursued formal teacher training and became a 200-Hr Registered Yoga Teacher (RYT) through Bluespot Yoga. I began teaching yoga at home, sharing the practices I had learned with my children and others. However, as life became more demanding with a full-time career and the challenges of balancing work and motherhood during the COVID-19 pandemic, my dream of bringing yoga into schools took a backseat.

Now, with my children in middle school, I feel the time is right to revive this passion. I am more committed than ever to bringing yoga and mindfulness into the classrooms of Columbus City Schools and local preschool centers. I believe that by introducing yoga at a young age, children can learn to manage stress, build emotional resilience, and improve their overall well-being. These are skills that serve them far beyond their school years and into adulthood.

To further my dream, I am eager to pursue additional certification. I plan to complete a 300-Hr Yoga Teacher Training course through My Vinyasa Practice, which will allow me to enhance my skills and deepen my knowledge in teaching yoga to children. Additionally, I aim to earn the Yoga Alliance RCYT certification from Little Flower Yoga, which focuses on training educators to teach yoga and mindfulness to children in educational settings.

With this scholarship, I will be empowered to achieve my goal of making yoga a transformative and accessible practice for children in schools, providing them with tools to navigate both their personal and academic lives. Through this work, I hope to inspire a new generation to embrace mindfulness and find balance, just as I did growing up in India.