

Yoga therapy for Sleep Recovery with Lisa Sanfilippo, London

Start date 30 January 2021



The Public Services Scholarship Programme

Welcome and thank you for your interest! The main purpose of this programme is to bring Yoga Therapy for Insomnia and Sleep Recovery (referred to as Sleep Recovery) into health, educational, correctional and other public services so that those who suffer from insomnia and sleep difficulties due to health, mental health, situational stress or other factors can use non-drug, self-administered support for their sleep and better rest. A second, and important, purpose is to gather information about how effective the course has been. Thirdly, where the course has been useful, we are seeking to collect evidence within public services around the promotion of the benefits of a yoga-based and holistic approach to sleep problems.

Read more about the Scholarship Programme:

These are the key components of the Scholarship Programme:

We are seeking people with motivation, experience, support and need who will offer the course and help to gather information about how it works:

1. **Motivation.** We'd like you to identify what you feel would be helpful in the Sleep Recovery curriculum for your population group. To do this, secure a copy of **Yoga Therapy for Insomnia and Sleep Recovery**, and even if you do not read it cover to cover, do an adequate skim to enable you to determine the main things that you think will be helpful to your group.
2. **Support / Organisational Sponsor.** If we are to provide you with the training, the in-kind support of an organisation to help you offer the courses is essential. Each scholarship recipient must offer 2 or more rounds of the course in the first year after the training. To make this a reality we will give you some advice and guidance, and some help with promotional materials, but want to see that you have support within your organisation: space, time, and active backing from a decision-maker e.g. Head Teacher, Supervisor, Consultant, Warden, etc. This

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will also mean finding money to pay you if your client group is not able to pay for the course and /or (if needed), the space, supplies, printing/ online promotions and handouts for your course, etc. If you will offer the courses pro-bono, as part of your job, or funded by the supporting organisation, please indicate this and the authorisation you have to do so. You may seek charitable donations if you wish, but we ask that you provide a viable plan if this is the case.

Please include contact details of your reference / your organisational sponsor on your application form so that we can get in touch with them.

3. **Need.** We will take into consideration your need for funding for the course. There will be two full scholarships for each training, but other levels of assistance may be on offer if your organisation can part-fund you with a training budget or other monies, or if you are willing to fund your own training. If you do not receive a full scholarship, there are other options. You can seek full funding from your organisation, pay for it yourself fully, or we may offer you a part-scholarship if you are self-funding and can demonstrate all other aspects of the scholarship application are in order and that your financial circumstances merit a part scholarship.
4. **Experience.** We will take into consideration your qualifications relevant to the training- including yoga teacher training, experience teaching yoga, and other qualifications such as psychotherapy, massage therapy, and other teaching.
5. **Gathering Information and Follow Up.**
In submitting the application we ask you and your organisational sponsor to agree that you will provide **2 or more rounds** of the Sleep Recovery course in the first calendar year after your training, and ideally at least one course or more in the 12 months after that (2021/ 2022). Note - You will need to agree to have participants fill in anonymous feedback/ outcomes forms..

Application Details:

If this sounds right for you, and you're excited to take part, do fill in the Google application form found by clicking the link [here](#). Or copy the following link into your browser: <https://forms.gle/m4JhfPigzTH3Ethe6>. Forms need to be submitted by **30 December 2020**.