



Scholarship / Work-Exchange Request Form

Mindful Valley dba Perfectly Here is a non-profit 501C3 organization who offers fee based Mindfulness classes, retreats, workshops and coaching. As a non-profit, we understand there are those who are in need of our trainings and due to true financial hardship unable to pay for class fees. There are three levels of scholarships:

1. Part-Scholarship and part Work-Exchange – depending your ability to pay we can consider some payment and some work in exchange. This will help us continue providing the help needed for those who are unable to pay.
2. Full Work-Exchange. For these opportunities please check with the office manager and or teachers
3. Full Fee-Waiver. This must be approved of by the Executive Director. Please attach a short explanation of why you need a full fee waiver.

Please answer the questions below to request a scholarship and or work-exchange. Return this document via email or in person. This information helps us keep track of our yearly need for fund-raising to fulfill our scholarships. Thank you for your participation in Perfectly Here's Mindfulness-Based Programs. We are delighted to be able to offer these opportunities to all who seek them.

Client/ Student Name:	Occupation:	Education:	Age/Gender:	Course / Program
				Name: _____ Regular Fee: _____
Work-Exchange Offer	Hours Committed	Date: From - To	Scholarship Amount:	Comments:

Thanks again for your request and information. The amount of work and or the scholarship amount is based on individual case by case and to be approved by the Executive Director, Dr. Manijeh Motaghy. The number of times applications are approved per calendar year is limited and depends on the length and type of the program.

Please state your desire for practice and say a few words regarding your need and financial hardship and sign below.

Applicant Signature: _____ Date: _____

Approved by:

Name: _____ Sign: _____ Date: _____