

Styles Yoga Meal-Trade Information

Thank you for your interest in our meal-trade program. If accepted, you will receive \$1,000 off of the tuition price of \$2,628.00.

In order to qualify for the meal-trade program you must meet the following requirements.

1. Demonstrate a need for financial assistance.
 - To demonstrate financial need, applicants' income for 2015 must be no more than 2.5 times the federal poverty level, as defined by the Department of Health and Human Services. (See chart below).

2. Write a two-page essay on why you wish to complete the teacher-training program. Due by the start date of training.

3. Provide one healthy vegetarian meal per weekend for all trainees.
 - You must agree to provide a total of 9 meals.
 - Must prepare enough food for the number of trainees. This usually averages between 15 and 25. Most students have found that they can feed the whole group with a \$25/meal budget.
 - Crockpot/pasta/rice/grain meals must be accompanied by a salad.

4. Attend all training sessions. (Flexible under certain circumstances, however if you are absent one of the days you are asked to bring a meal, you must provide a meal by ordering one or trading spots with someone)

Financial Need

Persons in Family Household	Annual Family Income - Federal Poverty Level	Annual Family Income - 2.5x Federal Poverty Level
1	\$11,770	\$29,425
2	\$15,930	\$39,825
3	\$20,090	\$50,225
4	\$24,250	\$60,625
5 or more	Add \$4020 for each addition	Multiply by 2.5