

Elizabeth Kovar's Proposal

Statement

For

The Stuart R. Givens

Memorial Fellowship Committee

Lin Yutang once stated, “No one realizes how beautiful it is to travel until he comes home and rests his head on his old, familiar pillow.” After my study abroad trip to Australia and travels to New Zealand and Fiji, I realized how beautiful the world is, and discovered that traveling is my true passion in life. During this time, I grew as an individual mentally, spiritually, physically and emotionally. I not only grew this way, but I also grew as a responsible adult, and learned how to travel solo and budget my time and money. Therefore, I experienced more things in my seven months abroad than some people do in their lifetime. However, this made me hungry for more traveling, and helped me plan my future for my travels abroad and my career. I reflected on these thoughts in Australia while practicing yoga and meditation. Therefore, I have chosen my project to be geared towards practicing and studying yoga in India.

I have spent much time researching and learning about different yoga programs; however, the Ayurveda Yoga Retreat India is the school that I believe can impact my life the most. Many schools seemed tempting to experience; however, in my gut I feel that learning yoga from the country’s founder would provide me with the best knowledge along with an eye opening experience of another country’s social class. My passion towards yoga has been with me for years, but I realized that I want to aim part of my career towards teaching yoga to others, and allowing people to gain the same benefits that I received from yoga. I love yoga because of the challenge I receive each time I complete a session. It allows me to exercise my mind not only to relax my thoughts, but to make myself believe that I can hold this position. Also, if I can believe in myself to hold a

yoga pose for a certain amount of time; this will also allow me to believe in myself and have confidence in the real world that I can achieve anything I put my mind to.

My contacts have already been made with the school, and I am aware of the specific air travel time and visas that must be obtained for entering the country. This company provides specific details of which airlines and cities to fly in along with transportation to and from the airport is provided. Food and lodging is provided in the cost of the teacher training's tuition. However, since I will be in India I would like to travel to the Taj Mahal and hopefully to Bombay to experience some of India's life and culture. I am willing to do this on my own expense if my budget is over. Also, if I have enough with my budget I would love to travel to the Himalayas; however, if I am not able to travel that far than I feel my experience would be enriching for whatever I experience.

I would most likely complete this fellowship during the summer. Therefore, the yoga teacher training would run from June 11-July 20. I would travel to India on June 7 in order to allow time for travel and jetlag. I would then plan to travel to the Taj Mahal and Bombay after the teacher training. Therefore, I would plan to fly back to the United States around August 1, 2006. Also, after experiencing a third world country such as Fiji I am now aware of how to take care of myself abroad such as drinking bottled water, eating from hotel (to eat sanitized food), and looking at the hostels first hand to make sure the rooms and beds are clean.

I truly believe that yoga can help improve one's life by relieving stress, eating properly, staying physically fit and exercising one's mind. Also, I know that receiving a teacher training in yoga will not only allow me to teach yoga in the future, but it will

provide me with the full understanding and philosophy of yoga. This teacher training will allow me to be exposed to healthy ayurvedic meals which are vegetarian and made with certain Indian spices to cure any unhealthy aspect of the body. Along with eating healthy, this teacher training will provide me the opportunity to study under an M.D. which he can help cure diseases and health programs through yoga, meditation and with other alternative therapies (reflexology, reiki, acupuncture and acupressure). I have always been a healthy and physically active person, but as a vegetarian I believe that my diet can be enhanced with ayurvedic cooking along with challenging my body of the unique poses. I have always dreamed of being a prestige yoga instructor; therefore, I know that this training can help me jump one step closer to achieving my dream. My father is also a business owner, and it has always been in my thoughts of one day owning my own business; therefore, I would like to open a yoga studio sometime in my future. Overall, I feel that I will be receiving many more benefits from this school besides the normal yoga and meditation.

I believe that education is valuable, and the more one has the more well rounded he or she will be. Therefore, I wanted to use this fellowship to learn something valuable that I can use my whole life rather than backpacking a country which I can do at anytime. I feel that India will provide me with an insight of how to live off the basics unlike most Americans in today's society. I believe that many lessons can be learned in this country, and expose me to different situations and language barriers that I will not be exposed to in a first class county. In conclusion, traveling is magnificent accomplishment; however, combining traveling and one's dream can make it a "Once in a lifetime" opportunity. I truly believe that I have the desire, passion and motivation not only to complete this

fellowship, but to make it one of the most memorable and challenging experiences in my life. Overall, my heart is open to the world, but as of right now in my life I feel that completing this yoga training in India can help me situate my plans and push me to be the best yoga teacher I can be.

Fellowship Budget

-Ayurveda Yoga Retreat- \$2899.00 EURO
=\$3,856.04

~Incl. food & housing

-FLIGHT \$1500.00

-Night Stay & Food &
Transportation For

Overnight flight \$50.00

-In-Country Flight \$100.00

-VISA \$69.00

Total \$5575.04

Additional Travel

Money to Taj Mahal \$424.96

Total \$6000.00