

Dear,

Thank you for your interest in The Pilates Diversity Scholarship at Equilibrium Studio

Our mission:

“We aim to begin to break down the homogeneous composition of the field so that everybody, every shape, every size, and every color, can fully participate. Based on the premise that the Pilates field should reflect our larger society, the Pilates Diversity Scholarship seeks to support and develop racial diversity and inclusion in the Pilates field. Pilates is for everybody, and we feel it is not currently reflected in the field’s training programs, client base, and certified trainers.

### **How to apply for the scholarship.**

1. Complete the [Teacher Training application found here](#)
2. Email your completed application to Nancy Hodari [nancy@equilibriumstudio.com](mailto:nancy@equilibriumstudio.com) with your answers to the following questions:
  - a. How does your interest in becoming a certified Pilates instructor reflect our mission statement above?
  - b. Do you have any injuries, conditions (including current or recent pregnancy), or postural issues that may affect your participation in the course?
  - c. Explain any prior Pilates or movement experience or training you have.
  - d. If this is a career change, explain what you are currently involved with: school, a job, raising a family, or looking for employment.
  - e. If you are selected and have completed training and certification, how do you plan to use your certification, including whether you are interested in teaching for equilibrium?

I look forward to receiving your email and learning more about you.

Best regards,

Nancy Hodari  
Founder|Education Director  
Equilibrium Studio