



Dear Friends and Colleagues,

The Women's Institute at Omega is pleased to announce that scholarships are available for **Leading From the Inside Out: A Women & Power Retreat**, July 8-10, 2011. The retreat will focus on personal development, providing skills that help women retrieve and express our authentic values and voice. It is a chance for us to slow down, go within, and learn to access our inner strength and full aliveness.

The retreat features a daylong experiential session with author and life coach Martha Beck, where we learn to retrieve our most authentic voice, break long-held habits that hold us back, and put our wisdom to work in the world. A range of mind, body, and spirit workshops offer skill building opportunities, and keynote talks from Elizabeth Lesser, Sapphire, and Mallika Dutt help inspire us to become the leaders we have been waiting for.

Thank you for your interest in Leading From the Inside Out: A Women & Power Retreat. Please let others who may be interested know about this unique opportunity. We hope to see you in July.

With warmest regards,

Carla Goldstein
Director, The Women's Institute at Omega

Please read thoroughly before filling out an application.

Details

This scholarship covers the following:

- Full cost of the retreat weekend
- Accommodations, if needed (shared or unshared, depending on availability; commuter scholarships also available)
- All meals
- Omega's optional classes (meditation, yoga, tai'chi, and dance) and evening performances
- Access to campus amenities like the sauna, Long Pond Lake, and the Sanctuary
- The Omega shuttle bus from New York City, if needed

Eligibility

Scholarships are offered primarily to women between the ages of 18 and 29. Scholarships are awarded to women who will bring a diversity of color, nationality, and professional experience to the event; to women who want to share the experience at home in their workplace or community; to women who would not be able to afford to attend the event without the scholarship; and to women who can commit to attending the full event. Past scholarship recipients to Women & Power conferences are encouraged to apply.

In general, Omega considers an applicant eligible for scholarship if her income is not more than 2.5 times the Federal Poverty level as set forth in the United States Federal Guidelines. Please see the table below to determine your financial eligibility.

Household Size	Maximum Household Income
1	\$27,075
2	\$36,424
3	\$45,775
4	\$55,125
5	\$64,475

Determination

Applications will be evaluated and scholarships awarded in the order received.

Applications must be received no later than April 11, 2011.

Notification

You will be notified by **April 22** by email or telephone whether or not you have been awarded a scholarship. Scholarship recipients must call to confirm acceptance and register for the conference no later than **May 9**. (Please understand that submitting an application for a scholarship does not register you for the retreat.) We want to offer this scholarship to as many women as possible. If we do not hear from you within this time frame, we may offer your scholarship to another applicant.

Send applications:

Apply Online: <http://www.eomega.org/popups/womens-institute-scholarship-application.html>

By email: wlcassistant@eomega.org

By fax: 845.266.5342

By mail: Marta Szabo, The Women's Institute at Omega, Omega Institute for Holistic Studies, 150 Lake Drive, Rhinebeck, New York 12572



2011 LEADING FROM THE INSIDE OUT:
A WOMEN & POWER RETREAT
SCHOLARSHIP APPLICATION
Due by April 11, 2011

Applicant Information

Name: _____

Organization (if applicable): _____

Address: _____

City: _____ State: _____ Zip: _____

Phone (AM): _____ Phone (PM): _____

Phone (cell): _____ Fax: _____

Email: _____ Website: _____

Occupation (may include full-time mother, caretaker, etc.): _____

Employer: _____

Organization's Mission: _____

Income

Individual

Total Household Gross Annual Income as reported on most recent tax forms \$ _____

Total number of people in household (as shown on tax forms) _____

Organization (if applicable)

Total organizational budget \$ _____ Number of employees _____

Optional Information

Gender _____ Female _____ Male

Age _____ 18-22 _____ 23-29 _____ 30-39 _____ 40-49 _____ 50-59 _____ 60+

Ethnicity _____ American Indian/Alaska native _____ Hispanic/Latino(a)
_____ Asian/ Pacific Islander _____ White/Caucasian
_____ Black/African American _____ Multi-ethnic
_____ Other, please specify _____



Accommodations

___ I accept the accommodations available for this scholarship (see Scholarship Details).

___ I do not need accommodations.

If I am given shared housing, the name(s) of my preferred roommate(s) is _____

If children will be accompanying you and utilizing the Children’s Program (ages 4-12 only), please list them below:

Name _____ Date of Birth _____

Name _____ Date of Birth _____

Name _____ Date of Birth _____

Transportation

Omega runs a charter bus to and from Omega between New York City and the Rhinebeck campus on Fridays and Sundays. If awarded a scholarship, would you utilize this service? ___ yes ___ no

Special Needs

___ Check here if you have any disability that affects your attendance at the event so that we may better accommodate you. An event coordinator will contact you.

Other special needs (specify) _____

Scholarship History

Have you ever received an Omega scholarship? _____ yes _____ no

If so, for which workshop(s) or conference(s)? _____

Personal Short Answer Questions

Please answer the following questions on a separate document no more than two pages in length. Be sure to include your name on it.

- 1. Why do you want to attend *Leading From the Inside Out: A Women & Power Retreat*?
- 2. How would you share or put to use what you learn at the event in your work, family, or larger community?

Please understand that submitting an application for a scholarship does not register you for the conference. If you receive this scholarship, you must call to accept it. Only then will you be registered for the conference.

I certify that all of the above information is true and that all income is reported. I understand that this information will be kept strictly confidential and is only used in determining scholarship eligibility.

Signature _____ **Date** _____