

# Scholarships for Classes & Events Stress Reduction for Frontline Workers



**5 Koshas**  
yoga and wellness

## Frontline Worker Scholarships

- **Are you a Frontline Worker?** If you answered yes, you may be eligible for a scholarship for services at 5 Koshas Yoga & Wellness.
- **Apply for a scholarship** by sending an email to [mary@5koshasyoga.com](mailto:mary@5koshasyoga.com) with your name, email, mobile phone, occupation, employer and type of service you are interested in (see types of scholarships below).
- **Healing Acres, Inc.**, a non-profit organization, started the Frontline Wellness Program to support frontline worker health and wellness.
- 5 Koshas Yoga & Wellness, Wausau, WI is an authorized provider of services for this program.

## Types of Scholarships

- **Intro pass** of 30 days for \$35, **4 class mat pass**, or **8-class chair yoga pass** for online, in-person or video on demand classes at the studio
- Upcoming **events that focus on stress reduction and reducing symptoms of stress**
- **Video on demand programs:** Restore & Renew Yoga, How to Calm Down with Yoga, Yoga for Anxious and Stressful Times, Yoga for Seasonal Changes



## Who Are Frontline Workers?

- Law Enforcement
- Fire Fighting
- Emergency Medical Services (both private and governmental)
- Probation & Parole
- Hospital Staff
- Social/Human Services
- School Staff – primary education, public and private
- Jail/Prison Staff
- Dispatch
- District Attorney's Office
- Judges & support staff
- Medical Examiners/Coroners
- Foster Care Providers
- Religious Clergy
- Mental Health Counselors
- Frontline Educators – Professors, teachers, or instructors in any of the fields that qualify
- Managed Care Organizations
- Aging & Disability Resource Center – ADRC
- Crisis Response – Any private or nonprofit company
- People Helper Organizations that focus on homelessness, abuse, crisis, etc.
- Nonprofits that serve families in need