

# BIPOC

## OFFERINGS, SCHOLARSHIPS & MORE

### In the Health & Wellness Industry

*Also shared on the Black Girl Pilates website*

As a mind body instructor of various disciplines, a person of colour and a writer, I'm connected to many sources within my industry. I've found that learning about scholarships and other offerings have been scattered, mostly through word of mouth and somewhat hidden. I believe that's due to many companies/individuals genuinely wanting to make a difference and not appear performative.

I've added in a lot of additional information to consider. Whether you want to apply for a scholarship, seek mentorship, business help or you're a company that needs a blueprint for your own BIPOC offering, there is something here for you.

***If you'd like to skip this section, please scroll down for the listings.***

While this is, by no means, an exhaustive list of what's out there, here are some resources to get you started. If you are aware of any changes or want to add a resource, email me, I will do my best to periodically update this list.

You'll have to take the initiative to contact each organization or individual for details. I also strongly recommend due diligence in regards to researching the modality you're interested in. Try to take a class or two so you're familiar with the work, the style, the philosophy and ideally whether you resonate with the teacher trainer and that particular school. Many trainings require you to already be familiar with the discipline.

Scholarships and offerings vary from full, starting from scratch, teacher training to additional certifications for those already a teacher. Some are full scholarships, some partial and the prerequisites/application/expectations vary. Knowledge is power, learn if there are any particular expectations of you, as a recipient.

Programmes range from weekend commitments to several months or a year or two. Know your commitments in time (in class plus self practice, observation, practice teaching) and exams. Will your scholarship cover the cost of manuals? exam fees? And what are the costs for remaining in good standing as a licensed practitioner of an organization? Do they need to be added to your liability insurance? Is there a minimum amount? Have an idea of transportation costs, caregiving support and time away from family and your other sources of income.

Having an idea of future aspirations, goals and community outreach can help you narrow down what is the most feasible for you. Some modalities only require a body and a mat while others

are based on heavy and expensive equipment or props. Is your goal to work for someone? Open your own studio? Teach in community centers or a mix?

At the end of this list are some resources for business, money, and life management. As great as the wellness sector can be, most programmes are lacking in the areas of business development, life preservation (aka avoiding burn out) and financial literacy. Whether you're a newbie or veteran in the industry there's always room for growth, improvement and mentorship.

### RESPECT

I think it's important to discuss respect -- MUTUAL respect when it comes to scholarships and offerings. Money may not exchange hands but this is still an agreement and an exchange. An exchange of time, energy, resources, and knowledge. It should be treated the same as if you had paid for it.

As the company/individual making the offering, it's important that you don't intentionally or unintentionally:

1. Take on the savior role- you are offering a service as you would to anyone else
2. That you don't (unintentionally) make the scholarship recipient feel tokenized
3. That you're continually doing the work (anti-racism) to create a safe and inclusive environment for all (no one's perfect, we're all a work in a progress, don't sweat it)

### EXPECTATION

Of course there is going to be some level of expectation with scholarships. That's in any industry-- the idea is to take what one has learned, encompass it, make it their own, and share it into the world. Outside of the requirements of the course or a work related position, how and when it is shared into the world and with whom... time will tell, please don't place any undue pressure on anyone.

### LASTLY

I think scholarships and paying it forward is special, necessary, and can make a difference. Many individuals in all fields have had support through donations, scholarships or funded programmes and have gone on to do great things. Some are big and well known (hello Idris Elba and Chadwick Boseman) and many, not as popular, have sprinkled their knowledge, talent or inspiration in smaller but significant ways.

Without further ado...

*\*\* a double asterisk denotes that the individual or owner(s) of the company is BIPOC*

## PILATES

*Created by Joseph Pilates in the early 20th century and originally called “Contrology”, Pilates is a system of exercises designed to enhance the body’s potential by correcting muscular imbalances, finding optimal alignment, and creating efficient movement patterns. (cited by me in [Healthline](#)). Pilates can be done with your body and mat only or on specialized equipment.*

*Whether you’re new or a veteran of Pilates, Pilates history reminds us that two of the Elders were Women of Colour and the only two to receive certification from Mr. Pilates. Kathleen Stanford Grant was an exceptional Black woman, the first to teach Pilates and run her own studio. To learn more about her check out Balanced Body’s [Diversity In Pilates tribute](#) to her, it includes a documentary put together by Cara Reeser with most of the footage and information from Maria Earle. You can also check out Blossom Leilani Crawford’s [tribute website](#). The other woman is Lolita San Miguel, still going strong! Read more about her [here](#).*

### [Redline Pilates](#) \*\*

Online

[info@redlinepilates.com](mailto:info@redlinepilates.com)

*Mat certification only, 30% partial scholarship offered*

### [Muse Movement](#)

Toronto, Ontario Canada

[info@musemovement.ca](mailto:info@musemovement.ca)

*Sliding scale teacher training scholarship, 1 month of weekly pro bono private sessions for BIPOC and/or Queer, Trans or non-binary folks*

### [BASI Kathy Grant Scholarship](#)

Newport Beach, California USA + some International Basi centers

*Pilates Elder Kathy Grant mentored BASI founder Rael Isacowitz and he’s offered this scholarship for years, in 2020 it was relaunched with a focus on African American recipients - one male & one female each year in the USA. International BASI branches are extending the Kathy Grant scholarship to BIPOC. This is a FULL scholarship, tuition and manuals are covered. Must have at least a year’s experience doing Pilates.*

*You’ll find the form and relevant info [here](#).*

### [Body Control Pilates UK](#)

London, England UK

[ella.porter@bodycontrol.co.uk](mailto:ella.porter@bodycontrol.co.uk)

*This is for MATWORK only, covers 13 modules and scholarships cover 85% of tuition. A bulk of the work is covered online but supervised observation hours and more need to be in-person.*

### [The Pilates School](#) \*\*

San Francisco, CA, USA

Classical Pilates taught by Rayannah Salahuddin, a veteran in the industry, strives for an inclusive environment for BIPOC, LGBTQIA and plus sized bodies.

Contact [rsalahuddin@pilatesschoolsf.com](mailto:rsalahuddin@pilatesschoolsf.com) for scholarship details

### [Peak Pilates](#)

4 locations; Kinetic MKE (Milwaukee), Pure Pilates (Boston), The Good Space (Houston), Pilates Connection (Dallas-Ft. Worth) USA

Try their [contact form](#) for more details

*Full scholarship for Level 1 comprehensive Peak training, includes materials.*

### [Joyful Movement Whole Life Program](#) \*\*

Oakland, California, USA

This amazing program was put together by superhero [Tonya Marie Amos](#) and quite frankly makes me want to drop everything and move there to partake in this program!!

*Open to Black & Brown Bay Area residents the 2 years certification includes Pilates skills, pre/post natal education, mental health counseling, dance for literacy, nutrition and cooking skills, general fitness, financial empowerment and business building skills, paid internships, and more. Check out this [video](#) for more about the program.*

### [Balanced Body](#)

*There are too many locations to mention here! Includes all over the USA, Costa Rica, France & Canada.*

*All details and contact info can be found on the [Diversity In Pilates](#) site through the links. Make sure you look under "Community Expansion Scholarship Program" for the Balanced Body scholarships. \*please note that the "Joyful Movement Scholarship Program" is NOT Balanced Body but they are sponsoring that program.*

*A huge round of applause must go to Tonya Amos who has been tirelessly advocating for programmes like these for years. It must be noted that in 2020 Balanced Body really started stepping up.*

## CONTINUING EDUCATION FOR PILATES TEACHERS

### [Buff Bones®](#)

HYBRID ONLINE - pre-recorded online content followed by a weekend of live zoom learning labs

Use the [contact form](#) on the site

*Buff Bones® is the brain and bone child of Rebekah Rotstein. It's a medically endorsed system of bone and joint health - geared for ALL ages. Open to various movement and exercise professionals with at least 5 years of teaching experience. You should familiarize yourself with the traditional Pilates method prior to the live training.*

### [Madeline Black Method™](#)

ONLINE - live + replays

Click [here](#) for where to apply (scroll down)

*Designed for advanced movement and Pilates instructors, it's a 3 course immersive training to enhance assessment, manual skills, and training plans.*

### GYROTONIC®

*Gyrotonic® is a modality that has been described as a massage from the inside out or a blend of swimming, dancing and tai chi. It's a modality with great depth that goes far beyond 'stretching' and builds suppleness and strength. Gyrotonic® is done with machines, notably one in particular; The Pulley Tower. Gyrokinesis® is done with a stool/chair and a mat.*

*There are 4 components to becoming level 1 certified; pre-training, foundation, apprentice and a final practical exam (it's important to find out if all of them or which ones are covered with scholarship). Courses are taught by Master Trainers, who have been selected to teach. At the time of this writing, scholarships are offered by the Master Trainers themselves and not supported by Gyrotonic® headquarters.*

### [Elements Fitness & Wellness Center](#)

Washington D.C, USA

Contact: [frontdesk@elementscenter.com](mailto:frontdesk@elementscenter.com)

*Owner Justine has been offering FULL scholarships for quite a while, in 2021 she had a group of 21 Black women complete their Gyrotonic level 1 certification, she finds this more supportive than 1 or 2 scholarships at a time and tirelessly seeks out other trainings all over America for scholarship recipients*

Master Trainer Jane Gotch (2 locations)

[Resilient Body](#) - Toronto, Ontario Canada

[Gyrotonic Kansas City Centre](#) - Leawood, Kansas USA

### [The Celia Wilson Scholarship Fund](#)

West Coast, U.S.A

*Developed by Master Trainer Debra Rose of [San Francisco GYROTONIC®](#) it has been said that the scholarships for teacher training, as well as opportunities for sessions was modelled after what Justine from Elements in Washington are doing. The idea is for more opportunities for BIPOC individuals to experience Gyrotonic® on the West Coast.*

### [Kinetic Body Missoula](#)

Montana, USA

Kate Jordan Augusto

[info@kineticbodymissoula.com](mailto:info@kineticbodymissoula.com)

[Engrace Movement](#)

Tijuana L. Gray Topeka, Kansas USA

[tijuana@engracemovement.com](mailto:tijuana@engracemovement.com)

[Muffie Delgado Connelly](#) \*\*

Out of [Kinespirit Circle](#) Portland, Oregon USA

[hello@muffiedelgadoconnelly.com](mailto:hello@muffiedelgadoconnelly.com)

*\*\*offers scholarships and sliding scale for teacher training and private sessions\*\**

Phoenix GYROTONIC® at [Kinesphere Center](#)

Dominika Gaines Phoenix, Arizona USA

[info@kinesphere-studio.com](mailto:info@kinesphere-studio.com)

Emily Noland Hudson

Out of [InJoy Movement Studio](#) Wilmington, North Carolina USA

[emily.n.hudson@gmail.com](mailto:emily.n.hudson@gmail.com)

*Pre-training only in Gyrotonic® and/or Gyrokinesis®*

[GYROTONIC® Ann Arbor](#)

Aimee McDonald Ann Arbor, Michigan USA

[aimee@gyrotonicannarbor.com](mailto:aimee@gyrotonicannarbor.com)

[Kinney Fontecchio Movement](#)

In Virginia Beach, USA

*Kinney is a certified Pilates & Gyrotonic® trainer and is offering sessions in both modalities to any BIPOC individual in her area that is in the process of becoming a teacher*

*Additional Work/Study opportunity for someone in Seattle, Washington State USA*

*Full training in Gyrotonic® or Pilates covered with a 2 year teaching contract at the studio, if individual leaves before the contract is up there is a prorated prepayment plan*

[Studio Evolve](#)

## YOGA

*I've taken some Yoga classes in the past, love a good pranayama or meditation and am all about the chakras but imma leave it at that!*

*Please contact each of these individually for more information.*

### [Sweet Mama Yoga](#)

Pre/Post natal Yoga Teacher Training  
Bloomfield Hills, Michigan USA

### [Rooted Prenatal Yoga Teacher Training](#)

Hybrid - Online: pre-recorded material & LIVE cohort with Brigette Arle  
*Comprehensive training with additional guest speakers covering topics such as Body Size Inclusive Pregnancy, Gender Affirming care, Pregnancy & Infant loss, honouring Queer & Trans families, and much more. One full & one partial BIPOC scholarship per year is available, as well as payment options.*

### [Yoga Medicine](#) by Tiffany Cruikshank

ONLINE

[info@yogamedicine.com](mailto:info@yogamedicine.com)

### [Asanas for Autism & Special Needs](#)

Yoga for Children with special needs  
ONLINE

### [Tantra Wellness](#)

Madison Wisconsin, USA

### [Samskara Yoga](#)

ONLINE

### [Maha Vira Yoga](#) \*\*

Richmond Virginia, USA

### [Lily Russo Yoga](#)

Mancos, Colorado USA

### [AfroYoga](#) \*\*

ONLINE

*Offers donation based classes for teachers of colour*

### [Kelly Kamm Yoga](#)

ONLINE

*Offers scholarships for classes and teacher training*

[kellykammyoga@gmail.com](mailto:kellykammyoga@gmail.com)

## [Toronto Yoga co.](#)

Toronto, ON, Canada

There are 2 types of programmes:

1 - A full Mentorship scholarship offered to BIPOC individuals, it's a 6 week Hybrid online & in person Mentorship programme for graduates of a teacher training, include unlimited membership to the studio and professional branding photo shoot \*\*info was through a link on IG - please email them

2 - Four different level scholarships (25, 50, 75 or 100% coverage) offering 4 consecutive months of unlimited membership, applications on the website, you can apply, nominate or be nominated. This is open to all and based on need.

[info@torontoyogaco.ca](mailto:info@torontoyogaco.ca)

## OTHER MODALITIES

### [MELT Method®](#)

ONLINE

Use the contact [form](#) for additional info.

*Suitable for any age, great for cross training or overall pain relief The Melt Method® is a logical, science backed system that hydrates the fascia of the body. Hydrating the fascia is the key to moving with ease. The Melt Method uses soft foam rollers and hand/foot balls.*

### [Jane Clapp](#)

ONLINE

[assistant@janeclapp.com](mailto:assistant@janeclapp.com)

*Jane Clapp's work was in the realm of trauma and movement. She's now focused on Jungian somatics. She offers scholarship and sliding scale on some of her courses and webinars, contact for more info.*

### [Barre Eclipse](#)

ONLINE

[barreeclipse@gmail.com](mailto:barreeclipse@gmail.com)

*Barre fitness created by Adrienne Rabena (of Alo Moves), she offers partial scholarships for Black and Indigenous individuals and exclusive discounts to People of Colour*

### [Barre West](#)

Calgary, Alberta Canada

Apply online [here](#)

*They offer 2 types of scholarships, a one year pass to online and in person classes or instructor training plus 6 months studio pass*



## ADDITIONAL RESOURCES

Here are some resources to help out with the business side of being a fitness and wellness instructor.

It's very easy, at any stage in your career, to want to check out EVERYTHING and end up spiraling down a rabbit hole of endless information and little action. I would suggest checking out these links, having a quick look and choose 1, maybe 2 to delve into.

Remember it's a journey and these resources aren't going anywhere :)

### [Clever Girl Finance](#) \*\*

CGF (for anyone really, not just girls) has free courses on anything and everything related to finances. From learning about types of life insurance, how to budget, how to invest, paying for a wedding to helping build a business, CGF is a great starting point for learning, growth, and ideas.

### [Krista Martins](#) \*\*

Check out Krista for inspiration. She's a biz coach, a Professor of dance, artist and entrepreneur. She's made a mark in the commercial dance scene and melded her passion and background of Soca and fitness to create the nationally accredited [Wukkout®](#), a high energy dance fitness class with great music.

### [Ebony Biz Diva](#) \*\*

Paula Marie has all kinds of biz advice for marketing, how to utilize pinterest to enhance your business, step by step guide to Black Friday sales and much more. You'll get tons of tips and info about her offers when you sign up for her newsletter.

### [The Connected Yoga Teacher Podcast](#)

Even if you're not a Yoga teacher there are a lot of episodes that can help you with your fitness business. Hostess Shannon Crowe brings on experts with how-to's from hosting fitness challenges to zoom tips to website tips to filling workshops and retreats and much much more.

### [Profitable Pilates Mini Agency](#)

Not just for Pilates teachers! The advice, ideas and inspiration can be geared to any fitness modality.

Lesley Logan doesn't succumb to the belief that you can't make money, take care of you, fulfill your purpose, and enjoy your life. Check out the blog and her IG for tons of relatable biz and life advice. She and her partner Brad also have a podcast, tons of biz related courses, and a mastermind called Agency

for fitness instructors. Periodically they offer “Mini Agency”, a week long of biz coaching for a very reasonable rate.

### [Core Conversations](#) \*\*

Martin Reid, a personal trainer, Pilates instructor, professional speaker, and all around good guy hosts poignant conversations every weekday at 10am on IG (with a selection making it onto his podcast). Martin speaks to instructors, fitness industry leaders, rebels and misfits about all kinds of topics. People share what is happening in the industry and any current offerings.

### [AfroYoga](#) \*\*

Run by Angie Franklin, there are business related courses and masterclasses along with mentorship and even a fun yoga style quiz. The blog covers a vast array of topics plus there’s a podcast. There’s a series of podcast episodes about Black wellness in which Angie speaks with People of Colour in various cities around the world.

### [Sandra Chuma](#) \*\*

A storyteller, speaker, and entrepreneur, Sandra inspires you with faith in yourself and tips for healthy habit building. Check out her podcast where she not only breaks down everything about habits but speaks with a lot of inspirational Black women.

### [Misty Lynne](#) \*\*

Misty is a teacher trainer, presenter, business and studio owner, and exceptional speaker with a wicked sense of humour. She has a firm, intelligent and fair way of looking at things in the industry. Misty offers workshops and mentorship and a weekly dose of *Thoughtflows*, conversations with Nicky Taylor Stward.

### [California Pilates](#) \*\*

Lencola Green is a Pilates teacher trainer that offers additional experience and know-how to her students about branding and partnerships. Check out her blog for inspiration and tips for photography, cueing, assessment and more.

### [ABCDYogi](#) \*\*

Meaning: Any Born Conscious Desi (any person with roots in South Asia). They offer programs and workshops through authentic and cultural context for yoga students. Made up of a growing international group of instructors, membership is open and encouraged for everyBODY.

### [Small Biz Silver Lining](#)

The home of the SLAP programme, a 13 month software programme based on Behavior Change Science To help you build your business. They sometimes offer a free workshop and workbook and also Have the Impact5x Economic Justice Project. It’s a pay-what-you-can year long mentorship programme For small business owners from marginalized communities.

### [KSA FITNESS](#)\*\*

Kara Stewart-Agostino runs 30/30 Strong for BIPOC Women, a weekly online meeting of a 30 min workout led by her or guests and 30 min of conversation. It’s a free community gathering organized by Kara with participants from around the world.

