

University of Pittsburgh
Center for Mindfulness and Consciousness Studies

Scholarship Information

General Scholarships

A small number of competitive scholarships are available to University of Pittsburgh undergraduate and graduate students who are interested in attending local mindfulness based trainings, workshops or retreats. CMCS provides these scholarships so that Pitt students may have increased access to the various practices related to mindfulness and consciousness studies.

To apply for a scholarship please send us an "Ask Letter". An "Ask letter" is a statement of need and intention. Please let us know how/why this class or retreat will be beneficial to you. Tell us of your financial need. Do not disclose financial data such as social security number. These are granted in limited numbers and are on a first-come first serve basis. Please email lc6@pitt.edu with questions or to submit your Ask Letter.

Link to sample Ask Letter Here.

UPMC Center for Integrative Medicine MBSR Course Scholarships

CMCS will provide 5 full scholarships to University of Pittsburgh undergraduate and graduate students to attend the Mindfulness Based Stress Reduction Course at UPMC's Center for Integrative Medicine. Please see follow the link below for information regarding MBSR.

<http://www.upmc.com/Services/integrative-medicine/classes/Pages/meditation.aspx>

You will need to inquire, attend an orientation session, apply and be accepted to the MBSR course **before** applying for the scholarship (please follow the above link to do that). To apply for a scholarship please send us an "Ask Letter". An "Ask letter" is a statement of need and intention. Please let us know how/why this class or retreat will be beneficial to you. Tell us of your financial need. Do not disclose financial data such as social security number. These are granted in limited numbers and are on a first-come first serve basis. Please email lc6@pitt.edu with questions or to submit your Ask Letter.