

My Core Values:

1. Never forget where you come from
2. Conquer one fear every day
3. Cultivate empathy and generosity
4. Listen intently when others speak
5. Live humbly and passionately
6. Embrace the many experiences that brought you to where you are today
7. Don't be afraid to laugh at yourself
8. Fail well, fail often and get back up
9. Believe in hope and work to inspire it in others
10. Fight to love yourself in your darkest moments

Personal Essay:

Growing up, I dreamed of faraway places and making a life for myself as an explorer. I first obtained that opportunity as a student at the University of Vermont. My time there challenged me to step outside of my safe spaces and into a world fraught with uncertainty and adventure. The most important step of this journey was when I quit the women's lacrosse team that I had been recruited to play for. Stepping into my sophomore year without the sport I had played for so long was refreshing and freeing in a way I never thought possible. From then on, I built a life for myself that knew no limits.

My first adventure was to Tanzania with my college roommate whose family friend owned a resort there. This was the first time I had ever traveled abroad and I spent a month teaching English in the Lake Tanganyika area. Before I left, a family friend that I babysat for gave me a letter for a man he had taught forty years earlier as a Peace Corps volunteer in Tabora, Tanzania. The instructions were to just mail it once I got there but unexpectedly, Tabora was where my Cessna plane landed on the way inland to where I would be staying. I gave an airport worker the letter who said he knew the man, now a prominent doctor in the city. The days passed and as I was making my way back from Lake Tanganyika to the airport, my flight had to take a stopover in Tabora for the night. When I arrived at the hotel, I went right to the concierge in hopes that she would help me find Dr. Riwa. He came hours later with his wife and told me many stories of my family friend and Tabora. It was the most mind-blowing experience up to that point that I had ever had. That moment inspired me to join the Peace Corps, which is what I did after my time at UVM.

Sometimes it is difficult for me to put the past behind. There are many incredible moments that I wish I could revisit. There are many friendships that remain with me but they are from afar. Nostalgia can be crippling but it never ceases to fulfill and humble me. I had the amazing experience to meet Ryan and know just how truly and passionately he lived his life. His life and virtues continue to inspire me. An Adventure Scholarship would not only help me cover tuition costs at the Ashram, it would be a guiding light and testament to something bigger than myself, to the spirit of always exploring life. After being at graduate school for two years and working only part-time, this scholarship would help me with the financial burden of travel and allow me to take this trip directly after graduating in May. Obtaining this experience would help me to pay it forward and continue to give others the gift of self-love and determination through teaching yoga and spiritual healing.