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STUDENT GOVERNMENT BUDGET COMMITTEE
SEMESTER ALLOCATION REQUEST FORM

Organization requesting funds: Yoga and Meditation Society

Contact person name: Liz Milligan

PSU Email: emms5893@psu.edu

Phone: 610-675-5652

Club Advisor name: Erica Pulaski

PSU Email: eag120@psu.edu

Phone: 610-396-6061

Date budget submitted: 11/11/19

Eag 120

STEPS FOR BUDGET REQUEST

1. On the next page, copy and paste a table for each program your club is hosting or attending. An itemization table for each of the items needed is under the program table. Please add additional rows to the item table for events requiring multiple items. Note** gas is calculated at 55 cents per mile.
2. Explain the nature of the program/activity? How will students and/or the campus as a whole benefit by the funding of this proposal? How will the program/activity be advertised to all students? Who is the targeted audience? Please be as specific as possible.
3. Provide an invoice whenever possible in order to justify costs. For example, if your club needs a bus, provide an invoice from the bus company to support the request.

Club President Signed Name

X

Advisor Signed Name

X

STUDENT GOVERNMENT BUDGET COMMITTEE
SEMESTER ALLOCATION REQUEST FORM

Yoga

Please add more tables or rows as needed.

Program Name:	Yoga	Program Location:	BCC Dance Studio	Anticipated Number Of Attendees:	20	Total Funds Requested For Program:	\$560	Is This Program Open To The Campus?	Yes	Amount Of Funding From Other Sources:	
Program Description: We offer yoga sessions once a week, with a certified yoga instructor, who is also a kinesiology professor on campus (Val Chole). It is free to all students, and we provide extra mats for those who do not already have one. Yoga serves as a method of relaxation and stress relief for students on campus.											

Please list the materials, prices, and item location for the requested event amount below:

Item Name	Yoga Instructor	Unit Price	\$40	Quantity	16 sessions	Item Total	\$560	Location	BCC Dance Studio
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Program Name:	Aura Healing	Program Location:	Gaige 308	Anticipated Number Of Attendees:	10	Total Funds Requested For Program:	\$200	Is This Program Open To The Campus?	Yes	Amount Of Funding From Other Sources:	\$0
Program Description: We will be bringing an aura healer who is a friend of our advisor to come and read/heal club members auras. This serves as a type of relaxation as well as a learning opportunity for students.											

Please list the materials, prices, and item location for the requested event amount below:

Item Name	Aura Healer	Unit Price	\$200	Quantity	1	Item Total	\$200	Location	Gaige 308
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Sample Semester Allocation Request

Program Name:	Ice Cream Social
Program Location:	Perkins Plaza
Anticipated Number of Attendees:	200+
Total Funds Requested for Program:	\$96.00
Is this program open to the campus?	Yes
Amount Of Funding From Other Sources:	\$0.00
Program Description: Our club's ice cream social is focused on promoting the club and providing students with a social activity.	

Please list the materials, prices, and item location for the requested event amount below:

Item Name	Unit Price	Quantity	Item Total	Location
Vanilla Ice Cream	\$38.00	1	\$38.00	Food Services
Chocolate Ice Cream	\$38.00	1	\$38.00	Food Services
Plastic Spoons	\$1.00	100	\$10.00	Food Services
Foam Bowls	\$1.00	100	\$10.00	Food Services

Program Name:	Sustainability Conference
Program Location:	University Park
Anticipated Number of Attendees:	4
Total Funds Requested for Program:	\$175.00
Is this program open to the campus?	Yes
Amount Of Funding From Other Sources:	Sustainability grant: \$250
Program Description: Funds will be used to provide transportation and a hotel room for club members to attend a sustainability conference at University Park to enhance their knowledge of green technologies.	

Please list the materials, prices, and item location for the requested event amount below:

Item Name	Unit Price	Quantity	Item Total	Location
Days Inn Hotel	\$100.00	1	\$100.00	Days Inn, UP
Gas Reimbursement	\$0.55	136 miles	\$75.00	N/A

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YAIMS Payment



Guthrie, Zachary

Thu 11/21/2019 5:48 PM

Cholet, Valerie Ann; Milligan, Elizabeth Mary



Good evening!

As the treasurer of the Yoga and Meditation Society, I am confirming that you will be running our yoga sessions during the spring semester for a payment of \$560.

Please let me know if this sounds correct!

Thank you,

Zachary

Zachary Guthrie | zlg5024@psu.edu

B.S. in Business Management and Marketing

Lion Ambassador

First-Year Mentor

CNED 397 Teacher's Assistant

Welcome Weekend Color Captain

Yoga and Meditation Society Treasurer

Berks Benefiting THON Outreach Executive

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YAMS Payment



Cholet, Valerie Ann

Fri 11/22/2019 9:01 AM

Guthrie, Zachary Milligan, Elizabeth Mary

Hi Zachary!

YES!! I will be happy to continue instructing fro the YAMS yoga sessions in the Spring 2020 semester.

Namaste

~Val

Valerie Cholet MEd, ABD
Assistant Teaching Professor, Kinesiology
Kinesiology Internship Coordinator
Kinesiology Activity course Coordinator
114A Beaver Community Center
610-396-6418

"Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it." ~Plato

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Aura Cleansing Payment



Guthrie, Zachary

Thu 11/21/2019 6:51 PM



Pulaski, Erica; Milligan, Elizabeth Mary

Good evening Erica!

I am confirming that we will be paying your friend \$200 for doing the aura cleansing.

Please let me know if this is correct!

Thank you,

Zachary

Zachary Guthrie | zlg5024@psu.edu

B.S. in Business Management and Marketing

Lion Ambassador

First-Year Mentor

CNED 397 Teacher's Assistant

Welcome Weekend Color Captain

Yoga and Meditation Society Treasurer

Berks Benefiting THON Outreach Executive

Aura Cleansing Payment



Pulaski, Erica

Thu 11/21/2019 7:25 PM

Guthrie, Zachary; Milligan, Elizabeth Mary

Yes!

I just need a few dates so I can book it with her.

I recommend March if possible!

Thanks, Erica

Erica Pulaski

Director of Enrollment Management

Penn State Berks

610-396-6061

eag120@psu.edu

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cc: ...

