



## **RETREAT SUPPORT FELLOWSHIP OPENING**

**Position Available July 2016**

IMS is seeking mature candidates, well-established in Theravada Buddhist meditation practices and studies, for its Retreat Support Fellowship program. This is a unique opportunity to work under the guidance of our respected dharma teachers to support the physical and emotional well-being of retreatants during intensive meditation practice. Participants receive guidance and support from IMS's Resident Teachers. This is also an opportunity to live in a dharma environment among a well-established sangha, ideal for furthering one's own study and practice. We have one opening to start in July 2016, to last 12 months.

A Retreat Support team of two serves at both IMS retreat facilities – the Retreat Center and the Forest Refuge, working in conjunction with meditation teachers and staff. Fellows work closely together and coordinate with each other to ensure continuous year-round coverage of responsibilities.

### **Principal Responsibilities**

- Support the physical and emotional welfare of participants (yogis) during IMS retreats. This may range from picking up prescriptions or accompanying a sick or injured yogi to the Emergency Room, to minimizing a yogis' emotional distress so they can either continue their retreat, or leave the retreat to return to the support of family and/or an appropriate therapeutic environment.
- Welcome and orient yogis arriving at the Forest Refuge for a personal retreat.
- Help with integration practices for departing yogis at the Forest Refuge, such as facilitating group or individual discussions.

### **Expectations**

- Be engaged in service for approximately 25 hours per week. This involves working flexible days and hours to provide attention and support to individual yogis, helping to minimize potential emotional distress, as guided by retreat teachers. Duties can be scheduled on short notice.
- Alternate on-call shifts with varying degrees of responsibility, spending significant amounts of time on call, being available for non-scheduled duties which may range from simple requests for practical assistance to emergency situations.
- Work closely with teaching teams and office staff at both IMS centers regarding any current or potential yogi medical or psychological situations of concern.
- Attend some meditation instruction sessions and dharma talks to be a familiar presence for yogis and to remain aware of the scope and type of meditation instructions being offered.
- Demonstrate flexibility and adaptability in responding to varying situations and working under the direction of a diverse group of teaching teams. Maintain productive working relationships and work well in a collaborative teamwork atmosphere.
- Duties are alternated and shared between the two Fellows so as to provide consistent coverage as well as limited time off for each person.
- Live on site at IMS, alternating between accommodations at the Retreat Center and the Forest Refuge, spending approximately half the year in each location.

### **Guidance and Support**

- Receive guidance on various aspects of the retreat experience from internationally-recognized senior insight meditation teachers.
- Gain experience in offering support to yogis.
- Meet regularly with experienced IMS Resident Teachers.

## Benefits

- Room and board at IMS.
- Comprehensive health insurance coverage.
- A monthly stipend of \$1083.
- Participation in the IMS Staff Sangha Program.
- Thirty days of free retreat time at IMS within one year of completing the year-long program.

## Current Openings

- One position will ideally start July 1, 2016 to serve for 12 months.
- Positions may be extended upon invitation.

## Qualifications

### Meditation Experience

- Insight meditation retreat experience, in the Theravada Buddhist tradition; long term retreat experience and recent retreat experience at IMS preferred.
- Commitment to understanding and practicing the teachings of the Buddha across all aspects of daily life, including the ethical guidelines of the Five Precepts.
- Understanding of physical, psychological and emotional states that may arise as a result of intensive meditation practice and capacity to distinguish between healthy and unhealthy states.
- Previous involvement in a Vipassana meditation training program is preferred, including but not limited to: Spirit Rock/IMS Teacher Training, Community Dharma Leader, Dedicated Practitioner Programs, or similar.

### Skills

- Comfort handling a range of medical issues, including emergencies and non-urgent care.
- Ability to stay calm and make decisions under pressure.
- Excellent communication and interpersonal skills.
- Ability to interact compassionately with and be sensitive to a wide range of people across all backgrounds; training in diversity and cross-cultural issues preferred.
- Ability to work well in a collaborative teamwork atmosphere.
- Flexible and comfortable with changing needs and priorities.
- Training in adult first aid and CPR.
- Comfortable driving at night and in adverse winter weather conditions.
- Discretion and skill in handling confidential information.
- Training which develops the capacity to skillfully guide those in distress is preferred, including but not limited to: counseling, chaplaincy, MBSR, somatic experiencing, non-violent communication, etc.

### Required

- Current driver's license with a clean driving record.
- Prior authorization to work in the US.

## Application Submission and Deadline

Qualified applicants, please email your completed IMS Retreat Support Fellowship Program Application to [IMSjobs@dharma.org](mailto:IMSjobs@dharma.org). Please note your availability to start in your application.

All applications must be received by **April 3, 2016**.

IMS is an Equal Opportunity Employer.