



## RETREAT SUPPORT PROGRAM

### Positions Available December 2013 and March 2014

IMS is seeking mature candidates, well-established in Theravada Buddhist meditation practices and studies, for its Retreat Support Program. This is a unique opportunity to work under the guidance of our respected dharma teachers and support the physical and emotional well-being of retreatants during intensive meditation practice. Participants receive guidance and support from the Forest Refuge Teacher-in-Residence and the IMS Resident Teacher. 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 December of 2013, and one to start in March 2014.

Each Retreat Support Fellow serves at both IMS retreat facilities – the Retreat Center and the Forest Refuge, working in conjunction with meditation teachers and staff. The Fellows work closely together and coordinate with each other to ensure adequate 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 leave the retreat and 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

- Work flexible hours to provide attention and support to individual yogis, helping to minimize potential emotional distress, as directed by retreat teachers. These duties can be scheduled on short notice.
- Be on call for non-scheduled duties, which may range from simple requests for assistance to emergency situations.
- Work closely with the teaching teams and the office staff at both IMS centers regarding any current or potential yogi medical or psychological situations of concern.
- Attend 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.
- Duties are to be shared between the two Fellows so as to provide consistent coverage as well as reasonable off time for each person.

Fellows are expected to:

- Be engaged in service for approximately 25 hours per week.
- Work flexible days and hours and to alternate being on call.
- Live on site at IMS, alternating every six months between accommodations at the Retreat Center and at the Forest Refuge.
- Work well in a collaborative teamwork atmosphere.

#### 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.
- Meets regularly with two experienced IMS meditation teachers-in-residence.

## Benefits

- Room and board at IMS.
- Comprehensive health insurance coverage.
- A monthly stipend of \$900.
- Participation in the IMS Staff Sangha Program.
- One month of retreat at IMS within one year of completing the program.

## Current Openings

- December 2013 and March 2014, for 12 months.
- Positions may be extended upon mutual agreement.

## Qualifications

### Meditation Experience

- Long-term insight meditation retreat experience, in the Theravada Buddhist tradition.
- 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.
- Current or 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 equivalents.

### 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.
- Comfortable driving at night and in adverse winter weather conditions.
- Training in counseling, pastoral care, MBSR, somatic experiencing, non-violent communication or other similar modalities preferred.
- Discretion and skill in handling confidential information.
- Training in adult first aid and CPR.

## Required

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

## Application Submission and Deadline

Qualified applicants can email an application to [fellowship@dharmma.org](mailto:fellowship@dharmma.org), fax it to 978-355-6398 or mail it to Fellowship Program, IMS, 1230 Pleasant Street, Barre MA 01005.

All applications must be received by October 21, 2013.

IMS is an Equal Opportunity Employer.