



RETREAT SUPPORT FELLOWSHIP OPENING

Position Available December 2018

IMS is seeking mature candidates, deeply rooted in early Buddhist meditation practices and studies, for its Retreat Support Fellowship program. This is a unique opportunity to support the physical and emotional wellbeing of retreatants during intensive meditation practice, and to live in a dharma environment among a well-established sangha, ideal for furthering one's own study and practice.

We have one opening, ideally starting December 1, 2018, for a 12-month term.

A total of two Fellows work in conjunction with meditation teachers and staff and serve both IMS facilities – the Retreat Center and the Forest Refuge. Fellows coordinate closely with each other to ensure continuous year-round coverage of responsibilities.

Guidance and support for the Retreat Support Fellowship program is provided by IMS's Resident Teachers.

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.

Benefits

- Gain experience in offering support to yogis.
- Meet regularly with experienced IMS Resident Teachers.
- Room and board at IMS.
- Comprehensive health insurance coverage.

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- A monthly stipend of \$1191.00.
- Participation in the IMS Staff Sangha Program.
- Thirty days of free retreat time at IMS within one year of completing the year-long program.

Qualifications

Meditation Experience

- Insight meditation retreat experience in the early Buddhist tradition; long-term retreat 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 an insight 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.
- Willingness to commit to an intensive 12-month period of service at IMS with limited time off.
- 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

Qualified applicants, please email your completed IMS Retreat Support Fellowship Program Application (including cover letter and résumé) to IMSjobs@dharma.org. Please note your availability to start in your application.

IMS is an Equal Opportunity Employer and actively seeks candidates from diverse backgrounds.