

General Info for FR Teachers

Teaching Theme – This isn't necessary if you prefer to come to the Forest Refuge simply as visiting teachers, guiding yogis across a range of practice styles, depending on where they're at and what they're interested in.

But if you want, you are welcome to offer a particular aspect of the practice and teachings as a theme for your monthlong, especially if you feel that would be valuable for your own students. If you decide to do this, please send us a short proposal of what you have in mind, including the structure, so we can get the Guiding Teachers' blessing.

The Schedule – For a general monthlong, one teacher is on for 3 days a week, and the other co-teacher for another 3 days. For the 7th day, one or the other is on call - we understand this duty is rotated between both teachers. For the 3 days each week that you'd be on, you'd offer a reflection during the 8:30am sit each morning to help yogis' practice throughout the day. At some suitable time that works for you during each of the 3 days you're on, you'd also offer individual practice meetings (at most, 10 per day). And you'd give a dharma talk just one evening during those 3 days.

So over the course of a week, yogis would hear a total of 2 dharma talks – 1 from each of you. And they'd have a total of 2 individual meetings – 1 with each of you.

Usually, there aren't group instructions, since yogis are doing a variety of practices depending on where they're at. Individual instruction is given during the practice meetings. But if you wanted to offer something to the whole group, that would be fine.

For a themed monthlong, you can establish a daily schedule that best suits what you want to teach. You can also specify that yogis are required to sit the entire month, or at least that preference will be given to those applying for the full month or longer. We should point out, though, that there may be a small handful of yogis who've already been on retreat prior to your arrival, and whose practice style at that point may be unfolding beautifully. In those instances, we ask that you continue to guide them where they're at, and not expect them to suddenly shift into something else that may not be so helpful.

Time Off – For a general monthlong, you'd have a minimum of 3 days off per week, and sometimes 4. Of course, if a yogi is in great distress, you might need to be involved in the situation for some extra time. But with our two dedicated Retreat Support people on staff, those extreme challenges are much rarer these days. Many teachers find the pace and teaching load much more relaxed at the Forest Refuge than at the Retreat Center.

For a themed monthlong, your time off would be up to the demands of whatever schedule you set.

Time Commitment – We ask that you fully commit to your time slot, unless there is a sudden, unforeseen family or medical emergency. Dropping out of the schedule for any other reason places undue pressure on everyone involved in finding replacements!

If you are interested in arriving a day early, please check with our office if housing is available. It would allow you to have a 'handover' meeting with the previous month's teachers to learn about yogis who are staying on. If this is not possible, many teachers email important information to each other so that the yogis will have a smooth transition. Please stay until the very end of your month. It will give you a chance to give the handover to the incoming teaching team for the next month.

Compensation – Since teacher dana is historically very low at the Forest Refuge, IMS offers teachers there a guaranteed minimum of \$5,500 each for the month. If you decide to offer a themed monthlong, and if the dana for that is higher than the guaranteed minimum, you would both share the excess.

Car Availability – There is a Forest Refuge staff car that can also be used by teachers – you'd need to sign it out. But availability shouldn't be a big problem since most staff have their own cars.

Teacher-in-Residence Role – Because of the long-term nature of practice at the Forest Refuge, the Guiding Teachers thought many years ago it would be great to have a Teacher-in-Residence who teaches many months of the year there, providing continuity of instruction and really getting to know the yogis. This role is currently held by Caroline Jones, who usually teaches there for 7 months out of 12 each year.

Accommodations

- It is fine for partners to accompany teachers.
- Forest Refuge teacher accommodations have queen size beds.
- For internet, IMS has a business cable internet service. In addition to wifi, the FR teacher units also have a wired connection, so it's possible to plug into a wall outlet there to get faster speed than wifi. But it's also worth mentioning that IMS is in a rural area where outages are not entirely infrequent, especially during winter storms. During office

hours, IMS business use takes priority, but during off-peak hours, we've been able to get speed test results at the Forest Refuge teacher units close to the limit of our service speed of 65Mbps down, and 10Mbps up.

- Because some staff and yogis have difficulties around animals, we don't allow pets at the Retreat Center or Forest Refuge.