



## Forest Refuge Work Retreat Application

Please complete and return with the \$50 processing fee **and your retreat application** to:  
IMS Forest Refuge, 1230 Pleasant St, Barre, MA 01005 • Fax: 978-355-4307

Your name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Email Address \_\_\_\_\_

Daytime Phone \_\_\_\_\_ Evening Phone \_\_\_\_\_

How do you identify your gender?  F  M  Nonbinary/agender  Other (please specify) \_\_\_\_\_

Date of Birth \_\_\_\_\_ Occupation \_\_\_\_\_

Intended length of stay \_\_\_\_\_ Preferred dates of stay \_\_\_\_\_

**NOTE: A Forest Refuge retreat application must be submitted along with this Work Retreat application.**

Register online at: <https://www.dharma.org/ims/register.php?id=39>

Do you want to attend as a regular retreatant if you are not selected for Work Retreat? Yes  No

Why would you like to be a Work Retreatant?

Have you done an IMS Work Retreat previously? Yes  No

If yes, please indicate date(s) and department(s):

Depending on Forest Refuge needs, as well as your experience, we will assign you to help in either our Kitchen or Housekeeping departments. **Work Retreat tasks can be physically demanding, including some heavy lifting, with work periods totaling five hours each day.** Both departments require the use of common cleaning chemicals.

- **Housekeeping tasks** include laundry, bathroom cleaning, vacuuming, window washing, dusting, stocking of cleaning supplies, and other general duties.
- **Kitchen tasks** include cleaning, stocking food supplies, removing compost and recycling, routinely **lifting 25-50 pound items**, and bending. Helping in this department means frequent exposure to hot and cold temperatures.

We appreciate your flexibility in serving where needed. If you have experience in either department, or a preference, please indicate below (use additional sheets if necessary).

Describe any other skills, work experience or formal training that you would like us to know about:

Describe any physical conditions that may limit your ability to perform a wide variety of manual tasks for up to five hours per day:

Additional comments:

**Payment Information – the fee will be processed only if you are offered a Work Retreat position.**

A Work Retreat Application requires a non-refundable \$50 processing fee. PLEASE **do not email credit card info!**

I am paying \$50 by:  Visa  MasterCard  My check, payable to IMS, is enclosed.

Credit Card #

3-Digit Verification Code \_\_\_\_\_ Expiration Date \_\_\_\_\_ / \_\_\_\_\_

Exact name on credit card \_\_\_\_\_

Cardholder signature \_\_\_\_\_

**Statement of Agreement**

*I have read the Forest Refuge Work Retreat information. If accepted into the program, I agree to participate fully, exploring the integration of mindfulness practice with work activities. I agree to spend five hours each day serving the needs of the Forest Refuge, with time off according to program guidelines.*

*I understand that IMS relies upon the invaluable contribution of Work Retreatants. I will inform the Forest Refuge immediately of any change to my circumstances that affect my participation.*

Signature \_\_\_\_\_ Date \_\_\_\_\_