

JOB OPENING: RETREAT SUPPORT FELLOW

IMS is seeking responsible candidates, deeply rooted in early Buddhist meditation practices and studies, for its Retreat Support Fellow position. 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 April 15, 2020, for a 12-month term.

Responsibilities

- Support the physical and emotional welfare of retreat participants. This may range from picking up prescriptions or accompanying a sick or injured yogi to the Emergency Room, to minimizing a yogis' emotional distress.
- Welcome and orient yogis arriving at the Forest Refuge for a personal retreat. Help with transition practices for departing yogis at the Forest Refuge, such as facilitating group or individual discussions.
- Engage 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.
- Work closely with teaching teams and office staff at both IMS centers regarding any yogi situations of concern.
- Demonstrate flexibility and adaptability in responding to varying situations and working under the direction of a diverse group of teaching teams. Work well in a collaborative teamwork atmosphere.
- Support and protect silent retreat environment; upholds ethical principles.

Qualifications/Experience

- Insight meditation retreat experience in the early Buddhist tradition; long-term retreat and recent retreat experience at IMS preferred.
- 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.
- Comfort handling a range of medical issues, including emergencies and non-urgent care.
- 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.
- 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.
- 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.
- Willingness to commit to an intensive 12-month period of service at IMS with limited time off.
- Training in adult first aid and CPR.
- Valid driver's license and clean driving record.

Position Available April 2020

Qualified applicants: Please send IMS Retreat Support Fellowship Program Application to IMSJobs@dharma.org. Include a résumé and cover letter detailing your interest in the position.

A position at IMS offers an abundance of meditation resources, health and dental benefits, Flexible Spending Account, room and board, and participation in the Staff Sangha Program. Retreat Support Fellows may also enjoy thirty days of free retreat time at IMS within one year of completing the year-long term.

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

IMS is a spiritual refuge for all who seek freedom of mind and heart. We offer meditation retreats rooted in the early Buddhist teachings of ethics, concentration and wisdom. These practices help develop awareness and compassion in ourselves, giving rise to greater peace and happiness in the world.