VOLUNTEERS NEEDED!

If you’re passionate about mindfulness and changing lives affected by incarceration, consider joining us as an in-person facilitator for our mindfulness program at Rikers Island Prison.

We’re looking for individuals who are located in NYC, or willing to travel with reliable transportation. This program meets every Friday and offers meditation, mindfulness, and movement practices to those impacted by incarceration. Developed in collaboration with formerly incarcerated individuals, this non-religious program aims to harness the transformative power of mindfulness tools to support those living in prison.

INTERESTED IN JOINING US?

Scan the QR code to fill out a volunteer application, or email info@boundlessfreedom.org if you have questions.

REQUIREMENTS:

- Lead incarcerated participants in the transformative practices of mindfulness, meditation, and movement
- Be trauma-informed, culturally responsive, and inclusively equitable to the diverse experiences and needs of our group
- Have an open and willing spirit to engage with individuals impacted by incarceration in a prison setting
- Work harmoniously as a team, creating a supportive and cooperative environment for all
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