

**BOUNDLESS
FREEDOM
PROJECT**

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

**BOUNDLESS
FREEDOM
PROJECT**

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 ME



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