



Volunteer Recruitment and Information Sheet

Thank you for your interest in Freeing the Human Spirit!

The program began with Sister Elaine MacInnes, Freeing the Human Spirit's founder. A Zen master of the Sanbo Kyodan based in Kamakura Japan who spent 32 years in Asia learning the healing power that yoga and meditation can bring inmates. In 1980, Sister Elaine began teaching meditation to a group of tortured political prisoners. When she saw them change from an angry, tense, lethargic group to a relaxed, sociable, energized and effective team, she became an enthusiastic advocate of restorative justice – of prisons as places of help and healing, and not simply places of punishment.

The John Howard Society of Nova Scotia [JHSNS] is now working to introduce the Freeing the Human Spirit program [FTHS] into provincial correctional facilities. The main goal is to promote physical, mental and spiritual development through the practice of meditation and yoga.

How to Become a Volunteer:

Step 1: E-mail jenna.tucker@ns.johnhoward.ca with your interest, as well as the city/town/village where you currently reside. We will then send you a volunteer application form.

Please note that all of our volunteers must be certified yoga instructors and/or meditation practitioners and able to provide professional references. Please return completed application form by email to jenna.tucker@ns.johnhoward.ca or fax to (902)406-7619.

Step 2: Find out if there is a program close to you. Nova Scotia's provincial correctional facilities are located in the following areas:

1. Cape Breton Correctional Facility – Cape Breton
2. Central Nova Scotia Correctional Facility – Dartmouth
3. Southwest Correctional Facility – Yarmouth
4. Northeast Correctional Facility (NEW- Winter 2014) – Priestville (Pictou)

Please let us know which facility you are applying to teach in. We ask our volunteers to commit to teaching at least once per month for a period of one year. All volunteers are required to have an updated police check no older than one year and a current resume.

Step 3: If your application is accepted, we will contact you to schedule an interview, we will also send a copy of the FTHS facilitators guide for you to review. Once hired as a JHSNS – FTHS volunteer we will schedule you for an orientation session to the program.

If you have any questions or concerns please do not hesitate to contact me at jenna.tucker@ns.johnhoward.ca or (902)429-6429 ext. 154. Thank you.

