
Job description

Title: Prep Cook

Department: Kitchen

Job type: Full-Time Position; On-Site

Find your Zen as a Prep Cook at The Art of Living Retreat Center!**Position Summary**

The Art of Living Retreat Center is an award-winning mountaintop wellness center in scenic Boone, NC. Surrounded by nature, we offer immersive experiences through the powerful practices of meditation, mindfulness, yoga, and Ayurveda.

Prep Cooks assist the Head Chef and Sous Chef in preparing stellar vegetarian meals, and ensuring the kitchen is always clean and sanitized. You will find yourself putting away deliveries and assisting the Head Chef as needed. If you enjoy serving others, this job may be for you.

Attributes for Success:

- Ability to stand on feet for long periods of time
- Work well with a team or independently
- Excellent communicator
- Mental and emotional stability
- Outstanding people skills
- Comfortable interacting with all age groups
- Display care and Attention to detail
- Positive outlook and abundant optimism
- Customer service attitude

Benefits

- Subsidized health/dental insurance after 90 days (Full-time only)
- Paid vacation and sick time after 90 Days (Full-time only)
- Generous 401k enrollment after 1 year (Full-time only)

Employee Perks

- Free wifi
- Subsidized meal cards (Meals free for kitchen & dining employees)

- Complimentary meditation and yoga classes
- Complimentary participation in our Signature Happiness & Silence Retreats
- Opportunities for advancement within the organization
- Monthly Employee Appreciation Events - Bonfire, Dinner, Kayaking
- Opportunity to engage in a wholesome lifestyle of self-sufficiency, meaningful work, inner development, and accomplishment
- Opportunity to live and work in a beautiful and serene environment

Skills and Qualifications

- High School Diploma
- 1 Year of experience in a professional kitchen is preferred

About The Art of Living Retreat Center

Opened in 2012, the Art of Living Retreat Center is an outgrowth of the Art of Living Foundation's 40+ year global commitment to health, happiness, and Ayurveda.

Our community is built around a spiritual and wellness focus. While this may not necessarily be in your background, you should be able to deeply understand and appreciate this approach to life. For those who are inclined towards this lifestyle, there are plenty of opportunities for personal growth.

Not used:

Would you enjoy preparing meals from an Ayurvedic Inspired kitchen menu at one of the largest holistic and wellness retreat centers in the US? If so, we'd like to meet you.