

# Green Gulch Farm Zen Center January Intensive Application

January 7 –28, 2020  
With Tenshin Reb Anderson

## **Application Deadline: November 21, 2019**

*Late applications will be considered in mid-December, if space allows.*

*Early decisions are sometimes possible for those needing to make travel or work arrangements further in advance. Please contact Reb's Assistant Sonja Gardenswartz for more information.*

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You are welcome to apply to our annual three-week retreat, which offers an opportunity to join the Green Gulch Farm community in a period of intensive monastic-style Zen practice. Our schedule will include morning, afternoon, and evening meditation; formal (oryoki) meals, periods of work practice, Dharma talks, classes, and group discussions. There will also be formal and informal meetings with teachers, and classes given by Tenshin Reb Anderson. The Intensive will conclude with a five-day sesshin.

### Sample January Intensive Schedule

4:25 a.m.	Wake-up bell	12:10 p.m.	Oryoki Lunch
5:00	Zazen	1:00	Break
5:40	Kinhin	1:50	Work Meeting
5:50	Zazen	4:00	End of Work
6:30	Morning Service	5:45	Evening Service
7:00	Oryoki Breakfast	6:00	Dinner in Dining Room
7:50	Break	7:30	Zazen or Study
9:00	Dharma Class or Zazen	8:20	Zazen
10:50	Zazen after Class	8:50	Refuges
12:00	Noon Service	9:00	Firewatch

### Guidelines for the January Intensive

- Participants are asked to remain in Green Gulch Valley for the entire time of the Intensive, unless there are medical or family emergencies.
- There is no recreational drug or alcohol use at Green Gulch
- Participants are asked to refrain from initiating sexual relationships during the Practice Period.
- Guests and family members may visit participants on days off. Guests are welcome at Green Gulch from 10 a.m. until 5:30 p.m. Please ask your guests and family members to bring their own lunch. It is a bag lunch day for students.

There are no overnight guests during the Intensive.

*(Application on next page)*

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\_\_\_\_\_  
NAME PLEASE PRINT AGE DATE OF BIRTH GENDER

\_\_\_\_\_  
CENTER OF RESIDENCY

\_\_\_\_\_  
HOME TELEPHONE WORK TELEPHONE FAX E-MAIL

- In case of emergency, whom should we notify?

\_\_\_\_\_  
NAME PLEASE PRINT RELATIONSHIP

\_\_\_\_\_  
ADDRESS

\_\_\_\_\_  
HOME TELEPHONE WORK TELEPHONE FAX E-MAIL

- *Current Green Gulch staff, please go directly to the last question. GGF apprentices, City Center residents, and ZMC residents, please complete the remaining questions.*
- Zen Center Intensives or Practice Periods you have participated in:
- Other comparable Buddhist practice experience:
- Are you interested in staying at Green Gulch after this Intensive? If so, please let us know your tentative plans.
- Have you earned this Intensive by working at Green Gulch or Tassajara? Please indicate dates and where.
- We prefer that people attend the entire Intensive. If there is room, consideration will be given to returning applicants who can only participate for part of the time. Are you applying for the entire Intensive? \_\_\_\_\_ If not, please specify dates you are applying for \_\_\_\_\_.
- *Green Gulch Staff Only:* Are you requesting any necessary exceptions to the schedule? If so, please indicate the exception and reason below, or attach a written request.

I understand the guidelines and schedule and want and agree to fully participate in the January Intensive as here described.

\_\_\_\_\_  
SIGNATURE

Please return completed applications, or request any additional information, from Sonja Gardenswartz at [rebassistant@sfzc.org](mailto:rebassistant@sfzc.org) or 415-354-0428.