



SAN FRANCISCO ZEN CENTER

**COMMUTER
FALL 2019 PRACTICE PERIOD APPLICATION
Awake Body – Awake Mind: Embodying the Buddha Way**

Dates of Practice Period: **October 1 through December 7, 2019**

Practice Period Leader: **Kiku Kristina Lehnerr**

Date of Application: _____

Part I.

Please provide the following information:

Name: _____ Birthdate: _____

Address: _____

Phone, fax: _____ Email: _____

Have you had, or do you currently have a practice leader at San Francisco Zen Center?
If so, who?

Part II.

On a separate sheet, please tell us briefly about yourself to help us better support you.

1. What motivates you to join this practice period? For instance, what is it you are searching for, inspired by, or would like to investigate in your life?
2. Do you practice with any significant physical, psychological, or emotional difficulties?
Can you speak briefly about this practice and how the online practice period might support you in this regard?
3. Any circumstances that need to be addressed to allow you to completely follow your practice period commitments you've listed below.

Part III. Commitment to specific practices for the practice period.

Please select from the list below the on-site practice period activities that you can commit to. This doesn't need to be submitted with your application but is a suggestion of how to frame your personal container. This commitment will help you sustain the energy of the practice period.

M-F Schedule	Mon	Tues	Wed	Thurs	Fri	Sat
5:25 AM Zazen						6:30 AM Zazen
5:55 Kinhin				6:25 AM Short Service		7:10 AM Service
6:05 Zazen				6:35 AM Way-Seeking Mind Talk		7:40 Soji (temple cleaning)
12:10 PM Noon Service						7:55 Oryoki Breakfast
5:40 PM Zazen						8:45-9:45 AM Practice Period Class
6:20 PM Service			5:30 Tea & Discussion			9:25 Zazen
			7:45 PM Dharma Talk			10:15 AM Dharma Talk

When you've established your personal schedule, consider who it will impact and what agreement you need from those involved to make that time available. As way to supplement the temple activities, it is recommended that you:

- Set up a meditation seat in your living space
- Determine what days you will sit at the temple and which will be at home
- Listen to the audio recordings of the dharma talks you are not able to attend on-site
- Watch the Saturday classes you cannot attend in person
- Participate in home study and practice assignments
- Join the dokusan or practice discussion schedule of a resident teacher

ONLINE PRACTICE SUPPORT OFFERINGS:

- Wednesday (audio) & Saturday (audio/video) dharma talks / practice period lectures
- Dharma talks offered during the seven-day sesshin (seven audio recordings)
- Weekly practice period class, **Awake Body – Awake Mind: Embodying the Buddha Way** (six sessions, video made available after the live class)
- Weekly practice period class materials—home study and practice assignments (posted online - PDF).
- Reading lists and suggested bibliography (posted online - PDF).