



SAN FRANCISCO ZEN CENTER

**ONLINE
PRACTICE PERIOD APPLICATION**

Dates of Practice Period: _____

Practice Period Leader: _____

Date of Application: _____

Part I.

Please provide the following information:

Name: _____ Birthdate: _____

Address: _____

Phone: _____ 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 page (or insert a page at the end), 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.

It is suggested that you set-up a personal schedule that works for your home practice. In setting up a home schedule, consider who it will impact and what agreement you need from those involved to make that time available. Below is a daily schedule for the temple during the upcoming practice period in case this helps in setting up your home practice schedule.

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						9:25 Zazen
6:20 PM Service			5:30 Tea & Discussion			10:15 AM Dharma Talk
		7:30 PM Practice Period Class	7:45 PM Dharma Talk			

Key elements that are suggested for your home practice:

- Set up a meditation seat in your living space
- Determine what time and how long you will sit each day
- Listen to the audio and/or video recordings of the dharma talks
- Watch the Tuesday classes you cannot attend in person real time or at a later date
- Participate in home study and practice assignments
- Commit to an online small group
- Attend the interactive web sessions with the Practice Leader or watch at a later date

Online Practice Support Offerings:

- A website dedicated to the practice period online participants
- 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, *Introduction to The Sandokai, Harmony of Difference and Equality* (eight 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)
- Online small group interactive video meetings
- Interactive video calls with the practice period leader