

Green Dragon Temple / Green Gulch Farm Zen Center
FALL 2019 PRACTICE PERIOD APPLICATION
October 15 – December 10, 2019
Led by Abbess Fu Schroeder
(Application Deadline, September 1, 2019)

Name _____ Date _____

Age _____ D.O.B. _____

Address _____

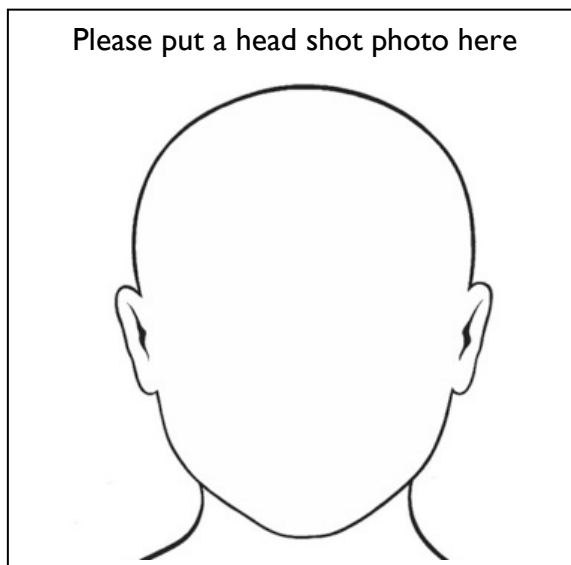
City _____ State _____ Zip _____ Country _____

Phone _____ Alternate Phone _____

E-mail _____

I identify my Gender as (for housing purposes) _____

The gender pronoun I use is (she, he, they, other?) _____



EMERGENCY CONTACTS

Name _____ Relationship _____

Email _____ Phone _____

Physician _____ Phone _____

Insurance Company _____ Phone _____

Insurance Policy Number _____

Have you practiced at San Francisco Zen Center before? If so, please give dates and briefly describe (Tassajara/City Center/Green Gulch, summer or guest student/WPA/practice periods)

Have you received Buddhist precepts? _____

Have you been ordained as a Buddhist priest? ____ If so, by whom? _____

Ordination date: _____

If you are an ordained priest, we require that your ordination teacher contact the Practice Period leader to discuss your training needs, expectations, and arrangements.

If you are currently practicing with a Buddhist teacher who does not live at one of the practice centers of San Francisco Zen Center, please ask your teacher for a letter of recommendation.

Please provide contact information so that we may reach your teacher, if necessary:

Name: _____

Address: _____

Telephone: _____

Email: _____

HOUSING: Roommate options (please select all that apply):

- I want to room with other women
- I want to room with other men
- I don't mind being in a mixed-gender room
- I want to be in a mixed-gender room

Factors affecting sleep (please check all that apply)

- Have insomnia or other sleep disorder
- Snore
- Other (please describe) _____

HEALTH RECORD: Circle Yes or No for the following questions.

- Do you have any long-term medical conditions, special medical needs, or a history of physical illness or limitations? Yes No
- Have you had a serious illness or major surgery within the last 5 years? Yes No
- Do you have any physical conditions or repetitive stress injuries that might limit your meditation or work practice? Yes No
- Have you ever been treated or hospitalized for a psychological condition? Yes No
- Are you currently receiving treatment for a psychological condition? Yes No
- Do you have any dietary or health restrictions? Yes No
- Do you have any serious allergies? Yes No
- Do you have any hearing difficulties or impairment in vision? Yes No

PRACTICE PERIOD REQUIREMENTS:

1. Following the schedule of morning and evening meditation, and morning, noon, and evening services of bowing and chanting.
2. Following the work practice schedule.
3. Attending Dharma talks, classes, formal meals (oryoki), and ceremonies.
4. Two one-day sittings plus a one-day tangaryo sitting and a seven-day sesshin.
5. Refraining from drug and alcohol use.
6. Refraining from initiating any new sexual relationships.
7. Not leaving Green Gulch for the duration of the practice period (except for emergencies).
8. Following the Green Gulch Practice Period Guidelines (Shingi).
9. Communicating with Practice Period Leaders, Tanto, or Director in a timely way if having difficulty with any of these requirements.

I agree to honor these requirements and have read the Green Gulch Practice Period Guidelines and agree to follow them completely.

Signature _____

PAYMENT IN FULL (\$2181) is required on arrival at the Practice Period, unless other arrangements have been made in advance with the director.

Application Deadline: The application deadline is September 1, 2019.

If you earned a scholarship or credit for this Practice Period by working at Tassajara or Green Gulch, please indicate here where and when you did so: _____

Please return this form, along with a photograph, by email to Kogen Keith at gfabassassist@sfzc.org.

A non-refundable \$30 application fee* is required to process your application. Please check the website for information about paying this fee online, or mail the payment to the address below. You may also mail your entire application if preferred.

**Practice Period Applications Committee
Green Gulch Farm Zen Center
1601 Shoreline Highway / Muir Beach, CA 94965
Attention: Kogen Keith, Assistant to Abbess Fu Schroeder**

For further questions, please contact Kogen by email, at gfabassassist@sfzc.org.

** Application fee waived for current SFZC residents.*