

Online/Commuter Practice Period Application



SAN FRANCISCO ZEN CENTER

Practice Period Information

Dates of Practice Period	
Practice Leader	
Date of Application	

Part I

Name	
Birthdate	
Address	
Contact Phone	
Work Phone	
Email	
Name of your Practice Leader (if you have one):	

Part II

Please tell us briefly about yourself to help us support you better.

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?

Part II continued

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. Are there any circumstances that need to be addressed to allow you to completely follow the practice period?

Part III Specific commitments for the practice period

Please select from the list below of usual online practice period activities that you can commit to. This commitment will help sustain the energy of the practice period for you during this period of time.

ONLINE PRACTICE OFFERINGS:

- 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.
- Set up a meditation seat in your living space.
- Listen to the audio recordings of practice period lectures and dharma talks.
- View the video of Saturday lectures and the Tuesday practice period class (live or recorded)
- Participate in home study and practice assignments.
- Join the Online Practice Participants' small-group video conference calls
- Take part in the interactive video calls with the practice period leader
- Review the course material prior to each class via the website postings
- Listen to the audio recordings of the sesshin talks
- Join the online zendo sittings as it works for your schedule
- Utilize the discussion board for questions and comments you may have

CITY CENTER ACTIVITIES: This weekly activity chart documents the schedule at the temple. It can be used to help you develop a home meditation practice according to your own work and meditation schedule to sustain your practice period intention. Temple events with online support are in regular bold-face type, and local activities are italicized.

Schedule	Mon	Tues	Wed	Thurs	Fri	Sat
<i>5:25 AM zazen</i>						<i>6:30 AM zazen</i>
<i>5:55 kinhin</i>				<i>6:25 AM short service</i>		<i>7:10 AM service</i>
<i>6:05 zazen</i>				<i>6:35AM Way-Seeking Mind Talk</i>		<i>7:40 soji (temple cleaning)</i>
<i>12:10 PM noon service</i>						<i>7:55 oryoki breakfast</i>
<i>5:40 PM zazen</i>						<i>9:25 zazen</i>
<i>6:20 service</i>						10:15 AM Dharma Talk
		7:30 PM Practice Period Class	7:45 PM Dharma talk	<i>7:30PM zazen</i>		