



SAN FRANCISCO ZEN CENTER

**ONLINE/COMMUTER
PRACTICE PERIOD APPLICATION**

Dates of Practice Period: _____

Practice Period Leader: _____

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. 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?
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. Note: *Please select from the list below of usual practice period activities that you can commit to. This commitment will help sustain the energy of practice period for you during this period of your life.*

ONLINE PRACTICE MENU: *We recommend that, in addition to zazen, you choose several of these practices to help you refresh and realize your intention day by day:*

- 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 recording of Saturday lectures and the practice period class.
- Participate in home study and practice assignments.
- Join in as many of the Online Practice Participants' small-group video conference calls as possible Use the practice period website, which will include reading lists and blog posts by the shuso (head student).

The calendar below shows SFZC activities and practice period activities you can do at home. Temple events with online support are in **regular bold-face type**, and local activities are italicized. Please circle or mark the activities and practices that will specify your practice period commitment.

CITY CENTER: BEGINNER'S MIND TEMPLE ACTIVITIES: This weekly activity chart documents the practice as followed by SFZC. 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.

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 service						10:15 am dharma talk
		7:30 pm practice period class	7:45 pm dharma talk			

ONLINE PRACTICE SUPPORT OFFERINGS:

Video and Audio Recordings

- Wednesday & Saturday dharma talks / practice period lectures
- Weekly dharma class (*eight sessions, video made available after the live class*)
- Dharma talks offered during the seven-day sesshin (*seven audio recordings*)

Blog and Print Resources (accessible online or as PDFs):

- Blog posts by the shuso (head student)
- Class materials—home study and practice assignments (PDF)
- Reading lists and suggested bibliography

Video Conferencing

- Interactive meetings with Zen teachers and other participants