

# Green Gulch Farm Zen Center

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[www.sfzc.org](http://www.sfzc.org)

## January Intensive Sample Schedule and Guidelines

*Intensives are an opportunity for more concentrated practice and study of Buddha's teaching, including daily meditation, lectures and discussions with teachers, work practice and a sesshin. The January Intensive at Green Gulch is intended for those who seek more experience in formal meals and other ceremonial forms of Soto Zen practice.*

Note: If you have not done a San Francisco Zen Center practice period, sesshin or one-day sitting, it is recommended that you do a one-day sitting at Zen Center, preferably at Green Gulch, before the Intensive.

### Sample Intensive Schedule

4:25 a.m.	Wake-up bell	12:10 p.m.	Lunch
5:00	Zazen	1:00	Break
5:40	Kinhin	1:50	Work Meeting
5:50	Zazen	4:00	End of Work
6:30	Morning Service	5:50	Zazen
7:00	Oryoki Breakfast	6:10	Evening Service
7:50	Break	6:20	Dinner in Dining Room
9:00	Dharma Class or Zazen	7:30	Zazen or Study
10:50	Zazen after Class	8:20	Zazen
12:00	Noon Service	8:50	Refuges
		9:00	Firewatch

### Guidelines for the January Intensive

- Participants are asked to remain in Green Gulch Valley for the entire time of the intensive, unless there are medical or family emergencies.
- There is no recreational drug or alcohol use at Green Gulch.
- Participants are asked to refrain from initiating sexual relationships during the intensive.
- Participants are asked not to have guests on their personal days.
- There are no overnight guests during the intensive.