



SAN FRANCISCO ZEN CENTER

CITY CENTER RESIDENTIAL PRACTICE PERIOD APPLICATION

Dates of Practice Period: _____
Practice Period Leader: _____
Date of Application: _____

Part I. Please provide the following information:

Name: _____ Birthdate: _____

Address: _____

Phone: (day) _____ (evening) _____

e-mail: _____ FAX: _____

In case of emergency, whom should we notify?

Name: _____ Relationship: _____

Address: _____

Phone: (home) _____ (work) _____

e-mail: _____

Reference contact

Name: _____ Relationship: _____

Address: _____

Telephone: _____ e-mail _____

Those practicing with a Buddhist teacher who is not in residence at the San Francisco Zen Center should provide contact information and a letter of recommendation from their teacher.

Have you practiced at one of Zen Center's three practice places before? If so, please list dates of sesshins, staff positions, and any practice periods you have attended. Please list the teacher who led your last practice period at Zen Center, and your most recent practice leader at Zen Center.

Have you been trained in serving oryoki meals or in doan ryo positions?

How will you support yourself during your stay at City Center? What are your plans following practice period?

Are you interested in continuing in residential practice at Zen Center after this practice period? If so, please describe.

Have you received Buddhist precepts in lay ordination? _____
By whom and where? _____ Ordination date: _____

Have you been ordained as a Buddhist priest? _____
By whom and where? _____ Ordination date: _____

Part II. Please attach a statement discussing each of the following, numbering your responses:

1. Your interest in Zen and in participating in the practice period at this time.
2. A brief personal history.
3. Your experience studying and/or practicing Buddhism or other spiritual traditions (other than at San Francisco Zen Center).
4. Significant physical, psychological, or emotional difficulties, particularly those for which you have received professional help or been hospitalized. Please list dates, if applicable.
5. Current use of prescription medications. If any, please list medications and briefly describe the conditions being treated. Do you plan to continue your medication during practice period?
6. History of alcohol or substance abuse. Please list any treatment programs and dates. Zen Center requires 90 days clean and sober before participating in residential programs.
7. Current tobacco use.
8. Any past or current eating disorders.
9. Any current medical problems (e.g., back, sciatica, or knee injury, repetitive stress conditions, food or other serious allergies).
10. Any limitations that would prevent you from completely following the practice period schedule?

Full Participation in a City Center Practice Period Requires:

- A schedule of early morning and evening meditation
- A daily service of bowing and chanting
- Several hours of classes and lectures per week
- Formal meals and ceremonies
- Refraining from recreational drug and alcohol use
- Refraining from initiating any new sexual relationship
- Observation of the City Center Practice Guidelines

Part III. Please designate your level of involvement in the practice period:

Residential practice period applicants apply to take part in either a "full" practice period schedule or a "limited" schedule that does not include the daily temple work. Please designate your level of involvement in the practice period and your preference for housing by marking a check in the appropriate circle (please mark both shared and private if you want to be considered for both, also note that there are different fee rates for each).

Participating as a resident in the "full" practice period schedule (i.e. working in the temple). *This is the category of participation for anyone who has earned a practice period scholarship through the Work Practice Program (WPA) at any Zen Center location, including the summer at Tassajara:*

- Shared Room
- Private Room (subject to availability)

Participating as a resident in the "limited" practice period schedule (i.e. working or attending school outside of the temple):

- Shared Room
- Private Room (subject to availability)

Practice Agreement

I have read, understood, and kept a copy of the City Center Practice Guidelines and if accepted, agree to observe the guidelines and participate fully in the practice period.

_____ Date _____

All first-time residential applicants should meet with the City Center Director and Tanto prior to the application due date. Call 415-863-3136 to make an appointment. If you have any questions about financial assistance, work exchange, or any other matters related to the application process, please contact the City Center Director at 415-354-0383 or by email at ccdirector@sfzc.org.

Please mail: 1) the completed application, 2) your personal statement, 3) a recent photograph, and 4) a non-refundable \$30 application fee to: **Practice Period Applications Committee, San Francisco Zen Center/City Center, 300 Page St., San Francisco, CA 94102**. Payment of the practice period fee in full is required on arrival at the practice period, unless other arrangements have been made in advance.