

Green Gulch Farm Zen Center  
General January Intensive Application  
*(current SFZC Residents, use “Current Residents Application”)*

January 6 –27, 2023  
with Tenshin Reb Anderson

**Application Deadline: November 18, 2022**

*Late applications will be considered in mid-December, if space allows.*

*Early decisions are sometimes possible for those needing to make travel or work arrangements further in advance. Please contact Reb's Assistant Sonja Gardenswartz for more information.*

---

*You are welcome to apply to our annual three-week retreat, which offers an opportunity to join the Green Gulch Farm community in a period of intensive monastic-style Zen practice. Our schedule will include morning, afternoon, and evening meditation; formal (oryoki) meals, periods of work practice, Dharma talks, classes, and group discussions. There will also be formal and informal meetings with teachers, and classes given by Tenshin Reb Anderson. The Intensive will conclude with a five-day sesshin.*

Sample January Intensive Schedule

4:25 a.m.	Wake-up bell	12:10 p.m.	Oryoki 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	5:45	Evening Service
7:00	Oryoki Breakfast	6:00	Dinner in Dining Room
7:50	Break	7:30	Zazen or Study
9:00	Dharma Class or Zazen	8:20	Zazen
10:50	Zazen after Class	8:50	Refuges
12:00	Noon Service	9:00	Firewatch

Guidelines for the January Intensive

- Intensive participants are required to be fully vaccinated (two weeks from final shot) for Covid-19 by the arrival date, and to observe any Covid-related protocols in place at Green Gulch.
- 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 Practice Period.
- Guests and family members may visit participants on days off. Guests are welcome at Green Gulch from 10 a.m. until 5:30 p.m. Please ask your guests and family members to bring their own lunch. It is a bag lunch day for students.
- There are no overnight guests during the Intensive.

*(Application on next page)*

**General January Intensive Application**  
**January 6–27, 2023**  
**Application Deadline November 18, 2022**

---

NAME (PLEASE PRINT)	AGE	DATE OF BIRTH	GENDER
---------------------	-----	---------------	--------

---

ADDRESS \_\_\_\_\_

---

HOME TELEPHONE	WORK TELEPHONE	FAX	E-MAIL
----------------	----------------	-----	--------

ARE YOU FULLY VACCINATED FOR COVID-19? \_\_\_\_\_ VACCINE USED & DATE OF FINAL SHOT \_\_\_\_\_

• **In case of emergency, whom should we notify?**

---

NAME (PLEASE PRINT)	RELATIONSHIP
---------------------	--------------

---

ADDRESS \_\_\_\_\_

---

HOME TELEPHONE	WORK TELEPHONE	FAX	E-MAIL
----------------	----------------	-----	--------

• **Dates of Zen Center Intensives and Practice Periods you have participated in:**

Have you received Buddhist precepts? \_\_\_\_\_  
Have you been ordained as a Buddhist priest? \_\_\_ If so, by whom? \_\_\_\_\_  
Ordination date: \_\_\_\_\_

**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: \_\_\_\_\_  
Email: \_\_\_\_\_  
Telephone: \_\_\_\_\_

**Please attach a brief statement about each of the following, numbering your responses.**

1. Aside from SF Zen Center, please list any other experience in studying and/or practicing Buddhism. Please include formal retreats or sesshins. (At least one 1-day formal Zen sitting, preferably at Green Gulch, is recommended.)
  2. Your interest in participating in the Intensive at this time.
  3. Significant psychological difficulties including those for which you have received professional help or have been hospitalized. Please explain briefly and include dates.
  4. Are you currently taking any prescribed medications? If yes, please specify.
  5. History of alcohol or substance abuse: Please include any treatment programs and dates.
  6. Current tobacco use
  7. Any past or current eating disorders
  8. Any present physical/medical problems? (back or knee injury, repetitive stress conditions, food or other allergies)
  9. Any particular skills or training (e.g., plumbing, carpentry, computer, sewing)
  10. What level of physical work would be most suitable for you—heavy, moderate, or light? Indoors or outdoors?
  11. Would you need to sit in a chair? If so, please indicate full or part-time.
  12. Oryoki bowls are required for meals. Will you need to purchase one here? (\$55 + tax)
  13. Are you able to completely follow the Intensive schedule? Describe any limitations.
- We prefer that people attend the entire Intensive. If there is room, consideration will be given to returning applicants who can only participate for part of the time. Are you applying for the entire Intensive \_\_\_\_\_ (yes or no)? If not, please specify dates you are applying for \_\_\_\_\_.
  - Are you interested in continuing residential practice at Green Gulch after this Intensive? If so, please elaborate.
  - Have you earned this Intensive by working at Green Gulch or Tassajara? Please indicate dates and where

## HOUSING AND FEES

Housing assignments will be made on the basis of availability and special needs. Please let us know of any special needs you have that may affect your housing. We will do our best, but may not succeed in granting your first or second choice.

**Shared Guest House Room (2 twins or a king)** **\$1,450**

We provide bedding & towels.

**Single Guest House Room** **\$1,900**

We provide bedding & towels.

Please indicate any physical conditions that may require you to be housed in a private room.

Some partial scholarships may be available upon request. Contact the Green Gulch Farm director ([ggfdirector@sfzc.org](mailto:ggfdirector@sfzc.org)).

**Please indicate your first, second and third housing preference here:**

1<sup>st</sup> choice \_\_\_\_\_

2<sup>nd</sup> choice \_\_\_\_\_

3<sup>rd</sup> choice \_\_\_\_\_

**Cars at Green Gulch:** Green Gulch has limited long-term parking. We strongly encourage you to be dropped off and picked up. **If you feel you must bring a car to Green Gulch please make your request at this time \_\_\_\_\_.**

***I understand the guidelines and schedule and want and agree to fully participate in the January Intensive as here described.***

\_\_\_\_\_  
SIGNATURE

**Deposit:** Upon your acceptance to the Intensive, we will request a \$500 deposit to reserve your space. **This deposit is non-refundable.** The balance is due on the first day of Intensive.

**Deadline:** The application deadline is **November 18, 2022**. Late applications will be considered in mid-December, if space allows.

Please email this completed application or any questions to Sonja at [rebassistant@sfzc.org](mailto:rebassistant@sfzc.org).