January Intensive at Green Gulch Farm
Daily Schedule & Guidelines

4:25 am  Wake-up bell    12:15 pm  Oryoki Lunch
5:00    Zazen      1:00    Rest
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    Rest      6:20    Dinner in Dining Room
9:00    Dharma Class or Zazen  7:50    Zazen
10:50   Zazen after Class  8:25    Three 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 and Health and Safety Requirements 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 Intensive Practice Period.
• Guests and family members may visit participants on days off. Guests are welcome at Green Gulch from 10 am until 5:30 pm. 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.