

January Intensive at Green Gulch Farm

Sample Daily Schedule & Guidelines

Sample Daily Schedule for the first 2 weeks (final schedule may vary)

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

Sample Daily Schedule for the 5 day Sesshin (final schedule may vary)

4:25 am	Wake-up bell	12:15 pm	Oryoki Lunch
5:00	Zazen	1:15	Rest
5:40	Kinhin	2:40	Zazen- Kinhin- Zazen
5:50	Zazen	3:50	Tea in Zendo
6:30	Morning Service	4:40	Zazen- Kinhin- Zazen
7:00	Soji	5:50	Evening Service
7:20	Oryoki Breakfast	6:00	Oryoki Dinner
8:20	Rest	7:40	Zazen
9:20	Zazen - Dharma Talk - Zazen	8:20	Three Refuges
12:00	Noon Service	9:00	Firewatch

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Summary Guidelines for the January Intensive

- Participants are asked to stay for the entire duration of the Intensive and follow the schedule completely.
- Participants are asked to remain in the Green Gulch Valley 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 romantic/sexual relationships during the Intensive.
- Participants are asked to have no visitors.
- **For complete Shingi see** https://www.sfzc.org/files/shingi_ggf