

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.