

# **SZBA DIRECTORY OF INTENSIVE PRACTICES**

## **INTRODUCTION TO THE SZBA DIRECTORY OF INTENSIVE PRACTICES**

This directory is designed to be used by those looking for a center which offers intensive practice that meets their needs. The directory is organized in alphabetical order by the center name.

The information is condensed from survey results conducted by the Soto Zen Buddhist Association (SZBA) Training Committee. The directory only contains information from those centers which are affiliated with the SZBA and which chose to participate in the survey.

Please contact the individual center for program details.

# SZBA DIRECTORY OF INTENSIVE PRACTICES

## TABLE OF CONTENTS

|   |    |
|---|----|
| Ancient Dragon Zen Gate.....                                | 4  |
| Austin Zen Center .....                                     | 5  |
| Bay Zen Center .....  | 6  |
| Boundless Way Temple.....                                   | 7  |
| Berkeley Zen Center.....                                    | 8  |
| Brooklyn Zen Center .....                                   | 9  |
| Chapel Hill Zen Center, Red Cedar Mountain Zen Temple ..... | 10 |
| Clouds in Water Zen Center.....                             | 11 |
| Dharma Rain Zen Center .....                                | 12 |
| el Centro Zen de Mexico .....                               | 13 |
| Empty Hand Zen Center .....                                 | 14 |
| Empty Nest Zendo.....                                       | 15 |
| Eugene Zendo .....  | 16 |
| Great Tree Zen Women's Temple .....                         | 17 |
| Great Vow Zen Monastery.....                                | 18 |
| Hokyoji Zen Practice Community.....                         | 19 |
| Houston Zen Center .....                                    | 20 |
| Nebraska Zen Center/ Heartland Temple .....                 | 21 |
| Occidental Laguna Sangha .....                              | 22 |
| Olympia Zen Center .....                                    | 23 |
| Ryumonji Zen Monastery.....                                 | 24 |
| Sanshinji .....   | 25 |
| Santa Cruz Zen Center.....                                  | 26 |
| San Francisco Zen Center – City Center .....                | 27 |
| SFZC – Green Gulch.....                                     | 28 |
| SFZC - Tassajara Zen Mountain Center .....                  | 29 |
| Stone Creek Zen Center .....                                | 30 |
| Treeleaf Sangha .....                                       | 31 |

## SZBA DIRECTORY OF INTENSIVE PRACTICES

|   |    |
|---|----|
| Vallejo Zen center .....                              | 32 |
| Village Zendo-Dotokuji.....                           | 33 |
| Yokoji Zen Mountain Center .....                      | 34 |
| Zen Center of Los Angeles.....                        | 35 |
| Zen Center of Pittsburgh - Deep Spring Temple .....   | 36 |
| Zen Center of Portland.....                           | 37 |
| Zen Heart Sangha .....                                | 38 |
| Zen Mountain Monastery/Mountains & Rivers Order ..... | 39 |
| Zenshuji.....   | 40 |

## SZBA DIRECTORY OF INTENSIVE PRACTICES

Name of center:

### **Ancient Dragon Zen Gate**

Location:

**Chicago, Illinois**

Teacher's name:

**Taigen Leighton**

Contact information:

<http://www.ancientdragon.org/>

Length of intensive practice:

**57 days**

Residency at Center:

**no**

Application Requirements:

**Background in zazen practice, and permission of the Teacher**

Zendo:

**24-29 seats**

Overnight Accommodations:

**no**

Schedule:

#### **individual commitment to personal schedule**

- commits to a regular zazen schedule including increased zendo participation and home zazen.
- includes three dokusans and at least two day-long sittings, with one one-day and one three-day sitting available, including shosan ceremony near the end of the three-day.
- four discussion groups on the topic for the Practice Period led by practice leaders.
- participants take on new or increased sangha support work positions.

Environment around center:

**urban**

Additional information:

Participants commit to personalized individual practice agreements for the length of the practice period, in consultation with the teacher. A text or topic is used as study focus for the practice period, and each participant selects a particular aspect as a practice focus, e.g. a particular precept, practice [paramita], or lines from a text, depending on the practice focus for the practice period. Past Practice Period topics have been the 16 bodhisattva precepts and the ten bodhisattva practices (paramitas). The topic for 2013 will be Dongshan's Jewel Mirror Samadhi.

## SZBA DIRECTORY OF INTENSIVE PRACTICES

Name of center:

**Austin Zen Center**

Location:

**Austin, Texas**

Teacher's name:

**Kosho McCall**

Contact information:

<http://www.austinzencenter.org/>

Length of intensive practice:

**62 days**

Residency at Center:

**No**

Application Requirements:

**none**

Zendo:

**40 seats**

Overnight Accommodations:

**Yes (8)**

Schedule:

**individual commitment to personal schedule**  
- includes giving Way-Seeking Mind talk

Environment around center:

**residential**

## SZBA DIRECTORY OF INTENSIVE PRACTICES

Name of center:

**Bay Zen Center**

Location:

**Oakland, California**

Teacher's name:

**Diane Eshin Rizzetto**

Contact information:

<http://bayzen.org/>

Length of intensive practice:

**30 days**

Residency at Center:

**no**

Application Requirements:

**Has a daily zazen practice**

Zendo:

**30 seats**

Overnight Accommodations:

**Yes (20)**

Schedule:

**individual commitment to personal schedule**

- two sesshins required : one at beginning (1 day) and one ending (5 days) of practice period. Everyone must attend a 4 week class that meets once a week and half day sittings every Saturday

Environment around center:

**urban**

## SZBA DIRECTORY OF INTENSIVE PRACTICES

Name of center:

### **Boundless Way Temple**

Location:

**Worcester, Massachusetts**

Teachers names:

**Melissa Myozen Blacker, David Dae An Rynick, James Myoun Ford,  
Josh Munen Bartok**

Contact information:

<http://www.boundlesswayzen.org/>

<http://www.worcesterzen.org>

Length of intensive practice:

**21 days**

Residency at Center:

**Optional**

Application Requirements:

**Applications are taken for residency only**

Zendo:

**30-100 seats**

Overnight Accommodations:

**Yes (48)**

Schedule:

**6 AM to 9:30 AM daily for residential practice period;  
sesshin schedule for last four days 4:30 AM to 9:30 PM**

Environment around center:

**Residential, urban, with an acre of cultivated garden land behind the  
residence building.**

Additional information:

During this period, the entire sangha is encouraged to increase their commitment to practice by participating at home, at their local practice groups, and by coming to the Temple when possible. There are opportunities for the entire sangha to explore a text or koan chosen by the teachers in more depth together and to experience residency. In addition, senior students train in giving talks and individual meetings. Those wishing to be in residence may apply for any number of days, and application for the sesshin, which ends the practice period, is separate. Residency is required for sesshin.

## SZBA DIRECTORY OF INTENSIVE PRACTICES

Name of center:

### **Berkeley Zen Center**

Location:

**1933 Russell Street, Berkeley, CA 94703**

Teacher's name:

**Abbot—Sojun Mel Weitsman  
Vice-Abbot—Hozan Alan Senauke**

Contact information:

**[www.berkeleyzencenter.org](http://www.berkeleyzencenter.org)**

Length of intensive practice:

**Daily zazen Monday through Saturday. Two practice periods each year, in the spring (45 days) and in the fall (30 days)**

Residency at Center:

**Not required**

Application Requirements:

**Regular zazen; sesshin experience and relationship to one of our teachers is strongly recommended**

Zendo:

**35-50 seats**

Overnight Accommodations:

**possible**

Schedule:

**Monday-Friday zazen at 5:40am and 5:40pm; Saturday program from 6am to 11:30am. Monthly sesshin from one to seven days in length.**

Environment around center:

**residential**



## SZBA DIRECTORY OF INTENSIVE PRACTICES

Name of center:

**Brooklyn Zen Center**

Location:

**Brooklyn, New York**

Teacher's name:

**Teah Strozier**

Contact information:

<http://www.brooklynzen.org/>

Length of intensive practice:

**30 days**

Residency at Center:

**no**

Application Requirements:

**Has a daily zazen practice**

Zendo:

**65 seats**

Overnight Accommodations:

**no**

Schedule:

**individual commitment to personal schedule**  
- Keeping in touch with teacher required

Environment around center:

**urban**

## SZBA DIRECTORY OF INTENSIVE PRACTICES

Name of center:

**Chapel Hill Zen Center, Red Cedar Mountain Zen Temple**

Location:

**Chapel Hill, North Carolina**

Teacher's name:

**Josho Pat Phelan**

Contact information:

<http://www.chzc.org/>

Length of intensive practice:

**42 days**

Residency at Center:

**no**

Application Requirements:

-

Zendo:

**36 seats**

Overnight Accommodations:

**Yes (8)**

Schedule:

**individual commitment to personal schedule**

- needs to attend weekly PP tea

Environment around center:

**Out in the country, not exactly rural**

## SZBA DIRECTORY OF INTENSIVE PRACTICES

Name of center:

### **Clouds in Water Zen Center**

Location:

**St. Paul, Minnesota**

Teacher's name:

**Byakuren Judith Ragir**

Contact information:

<http://cloudsinwater.org/>

Length of intensive practice:

**70 days**

Residency at Center:

**no**

Application Requirements:

**an individualized commitment schedule which might include commitments to zazen, classes, sitting at the temple, and sesshins**

Zendo:

**100 seats**

Overnight Accommodations:

**no**

Schedule:

**individual commitment to personal schedule**

- You can choose between a set required core group commitment schedule or have an individualized commitment program

Environment around center:

**urban**

Additional information:

As we are not a residential center, our practice periods are designed for people who have homes, jobs, families, and a busy life. We ask people to find a doable schedule of spiritual commitments that they can sustain for the course of the practice period. Some people will follow a prescribed schedule that is mostly center-based and others will make an individualized program. We try to encourage each other to be accountable, to sustain our zazen practice, to do retreats and sesshins, to study and to have a deep commitment to our spiritual lives. We have practice periods twice a year. We also have shorter intensive practice periods. For example, we might commit to coming to the center twice a day, morning and evening, for a week to do zazen together. Or in the winter, we have a two week period where we come to the center once a day for to do zazen and to study Dogen-Zenji Shobogenzo or another topic intensively.

## SZBA DIRECTORY OF INTENSIVE PRACTICES

Name of center:

**Dharma Rain Zen Center**

Location:

**Portland, Oregon**

Teacher's name:

**Kyogen and Gyokuko Carlson, Abbots**

Contact information:

**[www.dharma-rain.org](http://www.dharma-rain.org)**

Length of intensive practice:

**90ish days, Sept 1<sup>st</sup> – Rohatsu in the fall, and March 1<sup>st</sup> – June 30<sup>th</sup> in the spring.**

Residency at Center:

**Possible, but not required**

Application Requirements:

**If residential practice is desired, there is a residency application.**

Zendo:

**90 seats**

Overnight Accommodations:

**16 ongoing, more for retreats.**

Schedule:

**There is a daily formal schedule, zazen from 5:30-7:30, with service, soji, oriyoki till 9. Then an hour zazen before lunch, then formal dinner and evening program. Non-monastics are not obligated to the full schedule, and make individual commitments in consultation with a teacher.**

Environment around center:

**Residential neighborhood**

## SZBA DIRECTORY OF INTENSIVE PRACTICES

Name of center:

### **el Centro Zen de Mexico**

Location:

**Mexico**

Teacher's name:

**Tesshin Sanderson**

Contact information:

[www.centrozenmex.co.cc/](http://www.centrozenmex.co.cc/)

Length of intensive practice:

**30 days**

Residency at Center:

**Possible, but not required**

Application Requirements:

**inquire individually**

Zendo:

**20 seats**

Overnight Accommodations:

**Yes (15)**

Schedule:

**individual commitment to personal schedule**

Environment around center:

**residential**

Additional information:

We are a relatively small zen center in a Mexico City residential neighborhood. Open for zazen 4 days per week (2 mornings, 2 nights), also daily morning zazen for residents. Intensive practice is primarily sesshin and zazenkai, 4 long sesshin/year and several other weekend zazenkai. Generally we have a "mini-ango" during August, ending with a 7 day sesshin. Mostly we hope to help non-residential practitioners deepen their practice, to provide the opportunity to spend more time in a practice environment and to give encouragement by example from the leadership here.

The orientation of the practice period is basically like sesshin, but with more work period and somewhat less zazen. However we also include a week of just sesshin.

This practice is available for participants from another center. The normal requirements for compliance with practice standards (silence, on time, harmony, etc.). Probably some degree of health problem disclosure/considerations and adequate emergency resources in case of problems.

We use primarily Spanish here that might be helpful to some people.

## SZBA DIRECTORY OF INTENSIVE PRACTICES

Name of center:

### **Empty Hand Zen Center**

Location:

**New Rochelle, New York**

Teacher's name:

**Susan Jion Postal**

Contact information:

<http://www.emptyhandzen.org>

Length of intensive practice:

**45 days**

Residency at Center:

**no**

Application Requirements:

**none**

Zendo:

**30 seats**

Overnight Accommodations:

**no**

Schedule:

**individual commitment to personal schedule**

- Participants are asked to commit to: 1) daily zazen at home 2) increase their zendo attendance 3) study with Teacher on selected text (usually Dogen)

Environment around center:

**urban**

## SZBA DIRECTORY OF INTENSIVE PRACTICES

Name of center:

### **Empty Nest Zendo**

Location:

**Central Valley of California**

Teacher's name:

**Myoan Grace Schireson**

Contact information:

<http://emptynestzendo.org/>

Length of intensive practice:

**30 days**

Residency at Center:

**Yes (Restrictions on leaving the center during the period)**

Application Requirements:

**Applicant known to temple, application provided**

Zendo:

**50 seats**

Overnight Accommodations:

**Yes (30)**

Schedule:

**full day schedule at center required**

- Typical day: 5:30am – 9:10pm
- Zazen-5 periods, 3 services , work practice-2 hrs, dharma study

Environment around center:

**rural**

Additional information:

Our one month residential practice period intensive is to benefit non-residential practitioners with experience of a monastic schedule, and to train priests and sangha leaders in the meaning of ritual, how to do basic ceremonies, give Dharma talks, develop healthy sangha group process and offer practice discussion. The intensive practice period will be open to experienced students from other Zen centers who are recommended by their teacher. The training will help priests and sangha leaders develop depth in their zazen, and learn to find their teaching voice.

## SZBA DIRECTORY OF INTENSIVE PRACTICES

Name of center:

**Eugene Zendo**

Location:

**Eugene, Oregon**

Teacher's name:

**Ejo McMullen**

Contact information:

<http://www.eugenezendo.org/>

Length of intensive practice:

**90 days**

Residency at Center:

**Possible, but not required**

Application Requirements:

**has daily zazen practice, Must participate in various meetings and activities during the term**

Zendo

**36 seats**

Sleeping Accommodations

**Yes (20)**

Schedule:

**full day schedule at center possible**

- Typical day: 4:45am – 9:30pm
- Zazen-3-4 periods, 2 services , work practice-4 ½ hrs, dharma study

**/OR/ individual commitment to personal schedule**

Environment around center:

**suburban**



## SZBA DIRECTORY OF INTENSIVE PRACTICES

Name of center:

### **Great Tree Zen Women's Temple**

Location:

**Alexander, North Carolina**

Teacher's name:

**Teijo Munnich**

Contact information:

<http://www.greattreetemple.org/>

Length of intensive practice:

**80 days**

Residency at Center:

**Yes (Restrictions on leaving the center during the period)**

Application Requirements:

**Prior experience in retreat-2**

Zendo:

**20 seats**

Overnight Accommodations:

**Yes (10 - women only)**

Schedule:

**full day schedule at center required**

- Typical day: 5am – 9pm
- Zazen-2 periods, 1 service , work practice-3 hrs, dharma study

Environment around center:

**rural**

Additional information:

The primary purpose of Great Tree Zen Temple is to help people deepen their spiritual practice. In order to do that we try to provide experiences which create immersion into meditation, study and work. All practice at Great Tree is aimed at finding the balance between Zen and everyday life.

Those who are ordained as priests do the same practice as those who are not ordained, but priests are required to make a formal commitment to the practice for life, so their training has less flexibility than the training received by those who have not made that commitment.

The practice at Great Tree Zen Temple is available to any sincere practitioner. Before someone can live at Great Tree they are required to do at least one five-day sesshin, and have at least one interview with the teacher. Ultimately whether they can live here is up to the teacher.

Though men can participate in and stay at Great Tree during sesshins and other retreats, only women can live in residence at Great Tree. Men can also participate in practice periods and all other Sangha activities as non-residents.

## SZBA DIRECTORY OF INTENSIVE PRACTICES

Name of center:

### **Great Vow Zen Monastery**

Location:

**Clatskanie, Oregon**

Teacher's name:

**Jan Chozen Bays / Hogen Bays**

Contact information:

[www.greatvow.org](http://www.greatvow.org)

Length of intensive practice:

**90 days**

Residency at Center:

**Required**

Application Requirements:

**None**

Zendo:

**60-80 seats**

Overnight Accommodations:

**Yes (40-65)**

Schedule:

**full day schedule at center required**

- Typical day: 3:50am – 9:30pm
- Zazen-3-10hrs, 3 services , work practice-6 hrs, dharma study

Environment around center:

**Rural**

## SZBA DIRECTORY OF INTENSIVE PRACTICES

Name of center:

### **Hokyoji Zen Practice Community**

Location:

**Eitzen, Minnesota**

Teacher's name:

**Dokai Georgesen**

Contact information:

<http://hokyoji.tripod.com>

Length of intensive practice:

**30 days**

Residency at Center:

**Yes (Restrictions on leaving the center during the period)**

Application Requirements:

**recommendation from teacher and 7-day sesshin**

Zendo:

**30 seats**

Overnight Accommodations:

**Yes (30)**

Schedule:

**full day schedule at center required**

- Typical day: 4:30am – 9pm
- Zazen-7 periods, 3 services , work practice-1 hr

Environment around center:

**rural**

## SZBA DIRECTORY OF INTENSIVE PRACTICES

Name of center:

### **Houston Zen Center**

Location:

**Houston, Texas**

Teacher's name:

**Gaelyn Godwin**

Contact information:

<http://www.houstonzen.org>

Length of intensive practice:

**30-45 days**

Residency at Center:

**Possible, but not required**

Application Requirements:

**Has a daily zazen practice**

Zendo:

**40 seats**

Overnight Accommodations:

**Yes (30)**

Schedule:

**full day schedule at center available, but flexible depending on work schedule**

Typical day: 5:30am – 9pm

- Zazen-several periods, 3 services , work practice-2 hrs, dharma study

Environment around center:

**residential**

Additional information:

HZC is an urban Center with residents who work outside the Center. During intensive practice periods, about half of the participants follow the full daily schedule of meditation, study and work at the Center, while about half follow the morning schedule, adapt the schedule with the Abbot's permission, and continue with their regular jobs during the day. Intensives end with a 5 or 7 day sesshin.

## SZBA DIRECTORY OF INTENSIVE PRACTICES

Name of center:

**Nebraska Zen Center/ Heartland Temple**

Location:

**Omaha, Nebraska**

Teacher's name:

**Nonin Chowaney**

Contact information:

[http://www.prairiewindzen.org/about\\_nzc.html](http://www.prairiewindzen.org/about_nzc.html)

Length of intensive practice:

**90 days**

**60 days**

Residency at Center:

**no**

Application Requirements:

**Has a daily zazen practice, prior meeting with the teacher**

Zendo

**25-30 seats**

Sleeping Accommodations

**Yes (10)**

Schedule:

**individual commitment to personal schedule**

- daily practice at home, regular involvement at the temple, attendance at special events.

- Practice Period students keep a daily practice journal and meet with Nonin as a group two or three times during the period

Environment around center:

**urban**

## SZBA DIRECTORY OF INTENSIVE PRACTICES

Name of center:

**Occidental Laguna Sangha**

Location:

**Sebastopol, California**

Teacher's name:

**Bruce Fortin**

Contact information:

<http://occidentallagunasangha.org/>

Length of intensive practice:

**60 days**

Residency at Center:

**no**

Application Requirements:

**has a daily zazen practice**

Zendo:

**50 seats**

Overnight Accommodations:

**Yes (25)**

Schedule:

**individual commitment to personal schedule**

- Have practice instruction with teacher. Write an intention of an area of practice and submit to teacher. Attend ceremony, questions and answer (prepare question) at end. Attend one day and three day sitting and attend sutra class optional but strongly encouraged.

Environment around center:

**rural**

## SZBA DIRECTORY OF INTENSIVE PRACTICES

Name of center:

### **Olympia Zen Center**

Location:

**Olympia, Washington**

Teacher's name:

**Eido Frances Carney**

Contact information:

<http://olympiazencenter.org/>

Length of intensive practice:

**30 to 90 days, by arrangement**

Residency at Center:

**Possible, but not required**

Application Requirements:

**Application required if residential  
Established practice of Zazen**

Zendo

**20 seats**

Sleeping Accommodations

**Yes (8)**

Schedule:

**Individual commitment to personal practice**

- Typical day: 6:00 am – 9pm
- Zazen, ceremony, work practice, dharma study

Environment around center:

**rural**

Additional information:

Intensive periods are arranged when we have a Shuso, and the purpose is to deepen commitment for lay people and to help train priests. There is focus on a traditional text to assist in wholehearted insight into spiritual life and the development of a sustained life practice.

We have a regular fixed schedule: morning and evening Zazen and ceremony; monthly daylong sitting; summer week-long Full Moon Sesshin; week-long Rohatsu Sesshin in December. We read one text a year in depth with discussion on Saturday mornings; the practice of any form of art is encouraged. We focus on the life and teachings of priest-poet Ryokan and recommend one solitary retreat a year.

## SZBA DIRECTORY OF INTENSIVE PRACTICES

Name of center:

### **Ryumonji Zen Monastery**

Location:

**Dorchester, Iowa**

Teacher's name:

**Shoken Winecoff**

Contact information:

<http://www.ryumonji.org/>

Length of intensive practice:

**60 days**

Residency at Center:

**Yes (Restrictions on leaving the center during the period)**

Application Requirements:

**Prior Ryumonji sesshin or teacher referral**

Zendo:

**24-30 seats**

Overnight Accommodations:

**Yes (30)**

Schedule:

**full day schedule at center required**

- Typical day: 4:30am – 9pm
- Zazen-6 periods, work practice-2 hrs, dharma study

Environment around center:

**rural**

Additional information:

Ryumonji is a Soto Zen Buddhist Monastery. It is registered as a formal temple with Soto Zen Headquarters in Japan. Training opportunities include two extensive training periods (summer and winter). Ryumonji is rooted in the ancient ways of its ancestral Soto Zen lineage. The impetus of its founding vision originated from Katagiri Roshi's wish to establish a regional training monastery in the Midwest. Ango participation is open to priest and lay practitioners. Participants must have the recommendation of their respective teachers, or have some first-hand practice experience at Ryumonji.



## SZBA DIRECTORY OF INTENSIVE PRACTICES

Name of center:

**Sanshinji**

Location:

**Bloomington, Indiana**

Teacher's name:

**Shohaku Okumura**

Contact information:

<http://www.sanshinji.org/>

Length of intensive practice:

**90 days**

Residency at Center:

**Possible, but not required**

Application Requirements:

**none**

Zendo:

**20 seats**

Overnight Accommodations:

**Yes (20)**

Schedule:

**full day schedule at center required**

- Typical day: 4:30am – 9pm
- Zazen, service , work practice, dharma study

Environment around center:

**rural**

## SZBA DIRECTORY OF INTENSIVE PRACTICES

Name of center:

### **Santa Cruz Zen Center**

Location:

**Santa Cruz, California**

Teacher's name:

**Kokyo Henkel**

Contact information:

<http://www.sczc.org/>

Length of intensive practice:

**63 days**

Residency at Center:

**no**

Application Requirements:

**none**

Zendo:

**15 seats**

Overnight Accommodations:

**no**

Schedule:

**individual commitment to personal schedule**

- includes a one-day sitting and two sesshins (2-7 days in length)

Environment around center:

**residential**

Additional information:

Santa Cruz Zen Center Practice Period is a 7-9 week period including: morning, noon, and evening zazen 5 days/week (plus one period of zazen each weekend day); morning and evening service 5 days/week; weekly Dharma talk; weekly class series; weekly Dharma study group; two 5-day sesshin and one 1-day sitting; monthly precepts renewal ceremony and other annual ceremonies; dokusan offered twice a month; shuso / head student (with entering ceremony, Dharma Inquiry Ceremony, weekly tea and Dharma discussion). Practice period participants commit to attending whatever events they can do. Practice period is designed to help non-residential practitioners deepen their practice, especially daily zazen and Dharma study (5 non-residential priests participate in practice period to whatever extent they can). Everyone is welcome to participate, but no lodging is provided

## SZBA DIRECTORY OF INTENSIVE PRACTICES

Name of center:

**San Francisco Zen Center – City Center**

Location:

**San Francisco, California**

Teacher's name:

**(multiple teachers - Shunryu Suzuki Lineage)**

Contact information:

<http://sfzc.org/cc>

Length of intensive practice:

**91 days**

Residency at Center:

**Possible / Not Required**

Application Requirements:

**has a daily zazen practice, City Center temple is an entry gate, and we are flexible regarding prerequisites.**

Zendo:

**50+ seats**

Overnight Accommodations:

**Yes (50)**

Schedule:

**individual commitment to personal schedule**

- expected to follow the agreed upon practice schedule

Environment around center:

**urban**

## SZBA DIRECTORY OF INTENSIVE PRACTICES

Name of center:

**SFZC – Green Gulch**

Location:

**Muir Beach, California**

Teacher's name:

**(Multiple teachers – Shunryu Suzuki Lineage)**

Contact information:

<http://sfzc.org/ggf>

Length of intensive practice:

**56 days**

Residency at Center:

**Required**

Application Requirements:

**commitment to the schedule and the readiness for this kind of more intense sitting and schedule**

Zendo:

**90+ seats**

Overnight Accommodations:

**Yes (90)**

Schedule:

**full day schedule at center required**

- Typical day: 4:20am – 9pm
- Zazen-5 periods, 3 services , work practice-3 hrs, dharma study

Environment around center:

**rural**

## SZBA DIRECTORY OF INTENSIVE PRACTICES

Name of center:

**SFZC - Tassajara Zen Mountain Center**

Location:

**Carmel Valley , California**

Teacher's name:

**San Francisco Zen Center Abbot or former abbot**

Contact information:

<http://sfzc.org/tassajara/>

Length of intensive practice:

**90 days**

Residency at Center:

**Required**

Application Requirements:

**must have successfully completed a practice period at another Zen Center place or a equivalent at another practice center**

Zendo:

**65 seats**

Overnight Accommodations:

**Yes (70)**

Schedule:

**full day schedule at center required**

- Typical day: 3:50am – 9pm
- Zazen-8 periods, 3 services , work practice-3 hrs, dharma study

Environment around center:

**wilderness**

## SZBA DIRECTORY OF INTENSIVE PRACTICES

Name of center:

### **Stone Creek Zen Center**

Location:

**Graton, California**

Teacher's name:

**Jisho Warner**

Contact information:

<http://stonecreekzencenter.org/>

Length of intensive practice:

**30 days**

Residency at Center:

**no**

Application Requirements:

**established Zen practice**

Zendo:

**50 seats**

Overnight Accommodations:

**no**

Schedule:

**Two evenings and Sunday program weekly, sesshin and practice day, and individual zazen commitment.**

Environment around center:

**residential**

Additional information:

One-month annual winter ango for priests and lay practitioners.

The purpose is to help priest and lay practitioners deepen their practice, and to train priests.

The focus is a group working together on a depth investigation of a classic Zen text, moving into the text and then finding its relevance and expression in their own lives and language.

It is a non-resident practice, open to practitioners from other centers (requirements: an already developed zazen practice and some study).

## SZBA DIRECTORY OF INTENSIVE PRACTICES

Name of center:

### **Treeleaf Sangha**

Location:

**Internet-based (Japan)**

Teacher's name:

**Jundo Cohen**

Contact information:

<http://www.treeleaf.org/>

Length of intensive practice:

**90 days**

Residency at Center:

**no**

Application Requirements:

**has a daily zazen practice**

Zendo:

**(internet)**

Overnight Accommodations

**no**

Schedule:

**individual commitment to personal schedule**

- Commitment to increase zazen practice, join in Zazenkai netcast, join online discussions, etc.

Environment around center:

-

Additional information:

We believe that intensive practice can be any place, and that the monastery is found in the child's nursery or household kitchen, in the hospital or garden, in temples or in offices and factories, in the mountains, in the cities, anywhere. We are workers, parents, socially engaged volunteers, husbands and wives, ministers and priests, and our practice and training is for each and all, dropping artificial mental categories. Any day is a time for practice, but each year we conduct a special 90 day period of ANGO which participants may join in online from wherever they are, combining work, liturgy, study, Zazen right amid the the "monastery" of our day-to-day lives, jobs, problems, unending distractions and family responsibilities. Anyone is welcome to join in. Activities include periods of group (online) and individual Zazen, volunteer work, exercises to find mindfulness and wholeness in our ordinary jobs and family responsibilities, special readings, teacher talks and online discussion circles with other participants, face-to-face video Dokusan with our teachers, and, if combined with our annual Jukai (Undertaking the Precepts Ceremony) preparations, participation in a Rakusu sewing circle and Precepts study.

## SZBA DIRECTORY OF INTENSIVE PRACTICES

Name of center:

**Vallejo Zen center**

Location:

**Vallejo, California**

Teacher's name:

**Mary Mocine**

Contact information:

<http://vallejozencenter.org>

Length of intensive practice:

**43 days**

Residency at Center:

**Not necessary but may be available**

Application Requirements:

**Statement of Intention to be filled out and discussed with the teacher if your first Practice Period**

Zendo:

**25 seats**

Overnight Accommodations:

**Yes (8)**

Schedule:

**individual commitment to personal schedule**

- Expect regular zazen practice and attend class and opening one-day sit and at least 3 days of closing five-day sesshin and fill out and discuss statement of intention

Environment around center:

**residential, urban**

Additional information:

The purpose of our Practice Periods is to support you to deepen your practice. To that end, we offer additional zazen beyond the regular schedule and also class, teas, and sangha activities. The encouragement is to stretch beyond what is comfortable but not beyond what is realistic.



## SZBA DIRECTORY OF INTENSIVE PRACTICES

Name of center:

### **Village Zendo-Dotokuji**

Location:

**Manhattan, New York**

Teacher's name:

**Enkyo O'Hara**

Contact information:

<http://villagezendo.org/>

Length of intensive practice:

**45 days –summer residential, rural**

**90 days –winter non-residential, urban**

Residency at Center:

**For the summer angu only**

Application Requirements:

**Has a daily zazen practice, stability, intention**

Zendo:

**30 seats in the summer;-50 seats in winter**

Overnight Accommodations:

**Summer yes/ winter no**

Schedule:

**Summer :**

- Typical day: 4:30am – 9pm
- Zazen-12 periods, 3 services , work practice-1-2 hrs, Dharma study, Dharma Talk

**Winter:**

- Zazenkai: 7:30 am -9:00 pm
- An 'urban sesshin' (usually four days) includes service to public park/hospital/soup kitchen; also visits to museums, parks, cemeteries and some discussion about service to the world.

Environment around center:

**urban in winter; rural in summer**

Additional information:

During both practice periods we have a study text, either a sutra or a piece by Dogen, or other selected readings in Zen literature. We also have a social-service related practice during this time. My intention is to offer insight into basic Buddhist teachings, an experiential immersion in zazen and liturgy, and an awareness of our responsibility to serve those in need in our local area. Priest training is ongoing and never lets up.

It is aimed at members and guests to deepen their understanding of themselves and Zen practice. Everyone is trained in liturgy. Training of future priests and teachers is organically served by the schedule and the study and the practice.

## SZBA DIRECTORY OF INTENSIVE PRACTICES

Name of center:

### **Yokoji Zen Mountain Center**

Location: **Mountain Center, California**

Teacher's name: **Tenshin Fletcher**

Contact information: <http://www.zmc.org/>

Length of intensive practice: **91 days**

**77 days**

Residency at Center: **Possible, but not required**

Application Requirements: **None**

Zendo: **? seats**

Overnight Accommodations: **Yes (50)**

Schedule: **Full day schedule at center required**

- Typical day: 4:40am – 9pm
- Zazen-9 periods, 3 services , work practice-4 hrs, dharma study, voice dialogue

Environment around center: **Rural**

Additional information: We are an internationally renowned Zen Training Center located in the beautiful mountains of Southern California. Offering year round training, ranging from one day events to long-term residency. Yokoji provides a place for people from all walks of life to practice and embody the ancient tradition of Zen Buddhism. Every Sunday we run introductory classes in *zazen* (seated meditation). Throughout the year there are events, often on weekends, focusing on various aspects of Zen Buddhist training. We hold *sesshin* (silent meditation retreats) almost every month, ranging from 2-7 days. You can join our residential training program and follow the schedule for a number of days, months or years. Overnight and weekend stays are also an option if you would like to join in with the programs that we offer. Lay and ordained training paths are available. The Center is open to participants from other Sanghas. Prospective residents must agree to a criminal background check and if accepted, maintain an ongoing code of conduct. Visit [www.zmc.org](http://www.zmc.org) to gain a thorough overview of the center and practice here.

## SZBA DIRECTORY OF INTENSIVE PRACTICES

Name of center:

### **Zen Center of Los Angeles**

Location:

**Los Angeles, California**

Teacher's name:

**Wendy Egyoku Nakao**

Contact information:

<http://www.zencenter.org>

Length of intensive practice:

**90 days (October – December)**

Residency at Center:

**yes**

Application Requirements:

**none**

Zendo:

**54 seats**

Overnight Accommodations:

**Yes (12)**

Schedule:

**Community Schedule Wednesday through Sunday  
individual commitment to personal schedule**

Environment around center:

**urban**

Additional information:

Our annual 90-day Fall Practice Period is held from October through December. It includes three sesshin: a 7-day in October, a 9-day Rohatsu in December, and a 3-day Year End MuGon (No Words) sesshin. Several Zazenkai are held, along with ongoing talks, classes, workshops, and councils. The weekly schedule is from Wednesday through Sunday with one-to-one weekly access to our teachers. Our Sangha is comprised of a committed commuting membership and a residential community. The Practice Period links our affiliated groups in Southern California and New Jersey.

## SZBA DIRECTORY OF INTENSIVE PRACTICES

Name of center:

**Zen Center of Pittsburgh - Deep Spring Temple**

Location:

**Pittsburgh, Pennsylvania**

Teacher's name:

**Kyoki Roberts**

Contact information:

<http://deepspringzen.org/>

Length of intensive practice:

**30 days**

Residency at Center:

**Possible, but not required**

Application Requirements:

**none**

Zendo:

**17+ seats**

Overnight Accommodations:

**Yes (17+)**

Schedule:

**full day schedule at center required**

- Typical day: 5am – 9pm
- Zazen-5 periods, 3 services , work practice-2-5 hrs, dharma study

Environment around center:

**rural, residential**

## SZBA DIRECTORY OF INTENSIVE PRACTICES

Name of center:

### **Zen Center of Portland**

Location:

**Portland, Oregon**

Teacher's name:

**Larry Christensen**

Contact information:

<http://www.zencenterofportland.org>

Length of intensive practice:

**30 days**

Residency at Center:

**no**

Application Requirements:

**none**

Zendo:

**25 seats**

Overnight Accommodations:

**no**

Schedule:

**individual commitment to personal schedule**

Environment around center:

**urban**

## SZBA DIRECTORY OF INTENSIVE PRACTICES

Name of center:

### **Zen Heart Sangha**

Location:

**Woodside, California**

Teacher's name:

**Misha Shungen Merrill**

Contact information:

<http://www.zenheartsangha.org/>

Length of intensive practice:

**30 days**

**45 days**

Residency at Center:

**no**

Application Requirements:

**has a daily zazen practice, Prior experience in retreat- 2**

Zendo:

**30 seats**

Overnight Accommodations:

**Yes (15)**

Schedule:

**individual commitment to personal schedule**

Environment around center:

**rural, residential**

Additional information:

Zen Heart Sangha is a non-residential group with about 50 members that meets on Monday evenings and Saturday mornings. In addition, members commit to a daily individual zazen practice. We sit in a small zendo in Woodside that accommodates about 25 people for our Saturday program; Monday evenings take place at a local school.

Practice periods occur when there is a student who is ready to have a Shuso Ceremony (about once every 3-4 years). This is usually for a period of 6 weeks and the entire sangha participates. Our practice periods provide intensive practice for all students, emphasizing zazen and the study of a Buddhist text. During this time, students are encouraged to take their practice into their daily life while at the same time taking part in as much of the formal schedule as they can. Each person makes an individual commitment to the schedule after a conversation with the teacher. Given the intimate nature of our group, practice periods are normally reserved for members of our own sangha. If someone wished to participate from another center, the main requirement would be to have a conversation with the teacher so that there was no confusion regarding expectations of the participant.

## SZBA DIRECTORY OF INTENSIVE PRACTICES

Name of center:

**Zen Mountain Monastery/Mountains & Rivers Order**

Location:

**Mt. Tremper, New York**

Teacher's name:

**Ryushin Marchaj**

Contact information:

<http://mro.org/zmm/>

Length of intensive practice:

**90 days**

Residency at Center:

**Possible, but not required**

Application Requirements:

**Contact for details**

Zendo:

**125 seats**

Overnight Accommodations:

**Yes (125)**

Schedule:

**full day schedule at center possible**

- Typical day: 3:50am – 9pm
- Zazen-6 periods, 3 services , work practice, dharma study

**/OR/ individual commitment to personal schedule**

- must fulfill certain ango training requirements: i.e. daily training in various areas of practice, 1 sesshin, 1 other training retreat, etc.

Environment around center:

**rural**

## SZBA DIRECTORY OF INTENSIVE PRACTICES

Name of center:

**Zenshuji**

Location:

**Los Angeles, California**

Teacher's name:

**Daigaku Rumme**

Contact information:

<http://www.zenshuji.org/>

Length of intensive practice:

**90 days**

Residency at Center:

**no**

Application Requirements:

**none**

Zendo:

**25 seats**

Overnight Accommodations:

**no**

Schedule:

**individual commitment to personal schedule**

Environment around center:

**urban**

Additional information:

At Zenshuji Soto Temple in Los Angeles, we do not have fixed practice period dates. In this regard, Zenshuji is similar to the vast majority of Soto temples in Japan. We have a fixed schedule for zazen on Saturday and Sunday mornings, and on Monday evenings. We have oryoki breakfast following zazen on Saturday morning. We have one-day sittings once a month, and Rohatsu sesshin in December. I have been leading four study groups per year. I provide dokusan for those who wish to speak to me. No one lives at Zenshuji, so these practice opportunities are only for non-residential practitioners. These activities are open to everyone including members from other centers. The orientation of the practice events at Zenshuji are primarily for lay people who wish to know more about Zen and who wish to practice zazen in a formal Zen temple environment. Zenshuji also provides many other Japanese cultural activities including tea, flowers, sutra copying, and so forth that can also be thought of as Zen practice.