



SFZC Resident Program Curriculum Year One

Buddhism and Causality

- Dependent Origination
- Mutual Causality
- Thinking in Systems

Pre-residency workshop

- Living in Community
- Spiritual friendship
- Communication protocols
- Work Practice
- Forms, liturgy, ritual
- Hospitality

History of Buddhism

- India: Cultural context
- Life and teachings of the Buddha
- Spread of Early Buddhism
 - India
 - China
 - Tibet
 - Korea
 - Japan

Social and emotional Intelligence

What is Meditation?

- Teachings of the Buddha
 - Satipatthana Sutta
 - Anapanasati Sutta
 - Metta
- Zen
 - Koans
 - Shikantaza

Diversity, Equity, Inclusion

Right Use of Power

- Ethics and Precepts in Zen
- Bodhisattva Vows
- Relationality and Ethics

Ethics and vow

Teaching Skills

Cultivating the Way

- Four Noble Truths
- The 8-fold path
- Paramitas
- The Brahmaviharas