



# CLUB ZEN

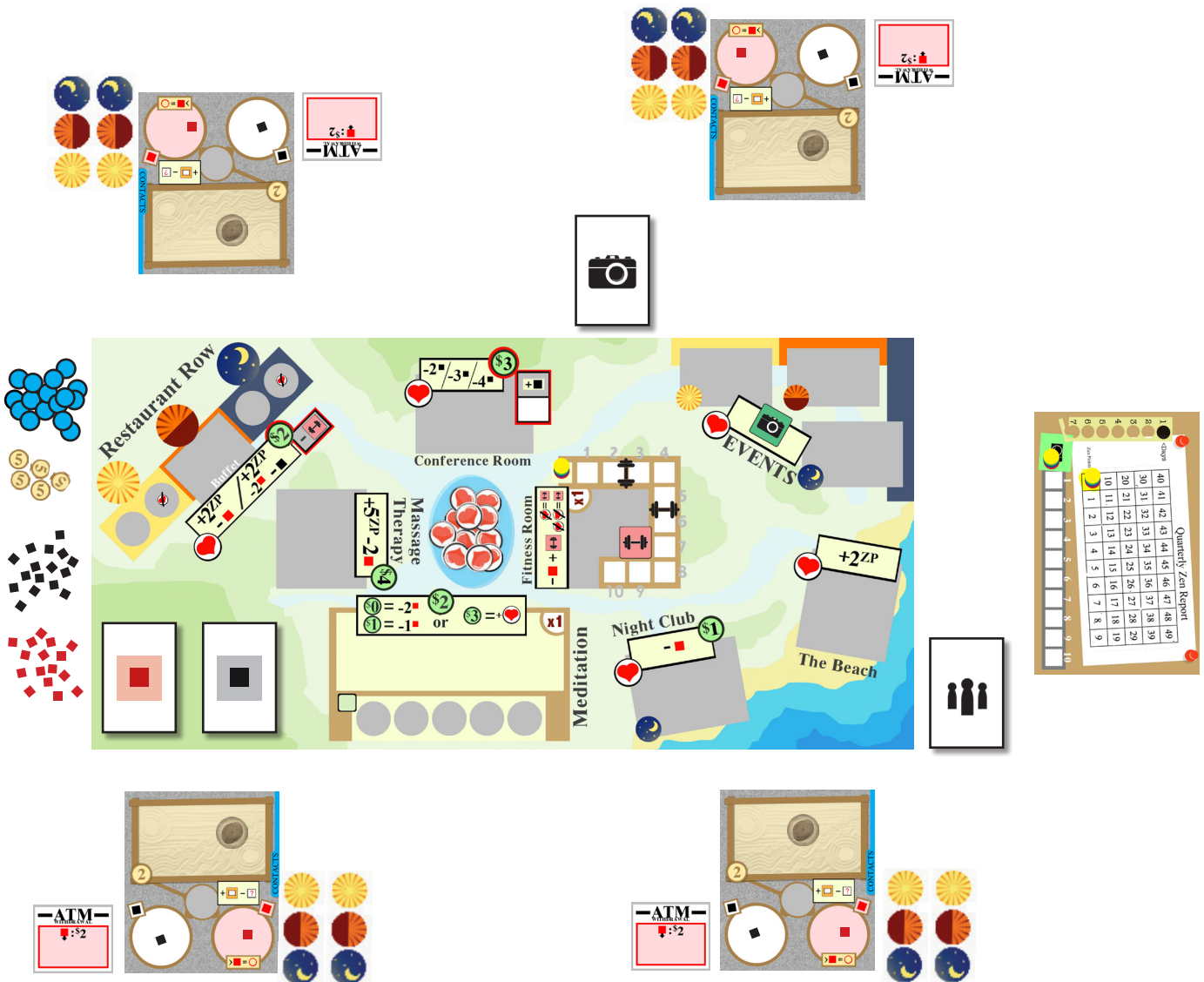
East meets West in Club Zen, a relaxing worker placement game where the goal is to plan out your seven-day working vacation in the most Zen way possible. Manage your work and emotional stress, make new friends, attend exciting events such as Hang-Gliding or Rock Climbing, collect stones for your personal Zen Garden, or take a nap! How will you spend your time at the 5-star Carribean resort, “Club Zen?” The most relaxed or “zen” player at the end of their one week stay will be the winner.

**Players:** 3-5 **Time:** 90-120 minutes.

by T.C. Petty III

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# SET-UP



Unfold and place the board on a flat surface. Give each player a set of pieces in a color of their choice along with an ATM token and a Player Board. Each player should then place one small marker onto the start of the Fitness Track, the Event Track, and the Zen Point Track. Place the Day Track marker on Day 1.

Shuffle and place the Work Stress and Emotional Stress decks face-down in the open area on the bottom left corner of the board. Shuffle and place the Event and Friends decks within easy reach. Place the Karma tokens in the center of the board. Money chips, Rest upgrades, and stress cubes are placed nearby within reach. Place the Day Marker onto Day 1 of the Day Track. Fill the bag with Zen Stones, and shake to shuffle them.

All players then secretly draw one Stone from the bag and add it to their personal Zen Garden face-down. If it is a Karma, Money, or Start player token, they may place it face up to gain its benefit the first turn during Prepare. Then, each player takes one Work stress cube (black) and one Emotional Stress cube (red) and places it into the appropriate circle on their Player Board. *NOTE: Players will receive initial ZP during **Prepare** on the First Day.*

**The Start Player Token is given to the Player who is the most stressed out at their job.**

# HOW TO BECOME ZEN

Club Zen is a game played over the course of seven Days. Players are enjoying a lovely vacation provided by their employer, including a healthy stipend for their expenses, in order to build team synergy and improve company productivity. At the end of the 7th day, the game ends, points are tallied and the player with the most Zen Points (ZP) is the winner. Players can score (or lose) Zen Points during the course of the game in multiple ways.

## LOCATIONS

Visiting locations and taking actions is a simple way to become Zen. By placing their token on a location on the board and paying the appropriate price in money, players will receive the benefits listed, which may include extra Zen points or losing troublesome Stress cubes.

## ZEN STONES

Collecting Zen Stones for a personal Zen Rock Garden is another excellent way to collect Zen Points. These Zen Points, however, are not scored until the end of the game, and are usually kept face-down. Zen Stones list one of four symbols on them, representing four aspects of a well-rounded existence, Fitness, Events, Friends, and Rest. A player will score points at game-end equal to how many of these symbols they have collected during the game.

Other Stones may also provide a benefit during the game when displayed face-up and a Zen Point total to be scored at game-end. These give players Money and Karma each turn, or to become the Start Player that turn.

## STRESS CUBES

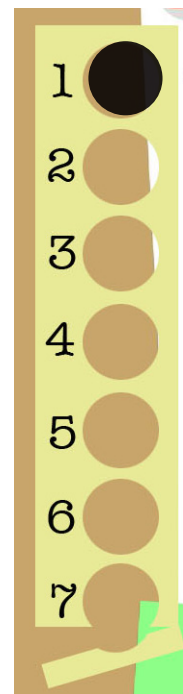
The ugly black and red cubes represent Work and Emotional stress that players are trying to rid themselves of during the game. There are many ways to remove them, but they usually come at a cost of efficiency. Stress cubes are bad things and should be removed to avoid losing precious Zen Points when scored at game-end.

## A NEW DAY

Each new day at Club Zen brings with it new scheduled Events, new Friends to meet, new subjects to Meditate upon, new stresses, and most importantly, new opportunities to take a nap. Whether you spend your day feasting at the expensive and luxuriously fattening restaurants downtown on the company's dime or shaking your booty at the local nightclub, each new day brings with a new set of experiences and chances to relax in whatever way you choose in this tropical paradise.

### Each Day consists of three phases:

- **Prepare** - where new cards and stones are drawn, and a new day is set-up.
- **Plan** - where players, in clockwise order, place tokens onto the board to plan morning, afternoon, and evening actions.
- **Resolve** - where players remove tokens in clockwise order and receive benefits (and karma) from their placement or impress new friends.



# 1. PREPARE

In preparation for the new day, cards and stones will be drawn and put into play, creating a new set of options to explore. Follow these steps to create a new Day (these are also noted on the included player Aids).

**Each player takes \$5 from the supply.**



**Pass the First Player token to the next player in clockwise order.**

**Move the Day Track marker to the next Day of the week.**

MEDITATION:

Discard all Stones on Meditation and place them into a discard pile.

**Draw new Stones from the bag equal to the number of players and place them on Meditation.**

EVENTS:

Discard all Event cards in play and place them into a discard pile.

**Draw three new Event cards and place them near the Morning, Afternoon, and Evening spaces.**

FRIENDS:

If there are any unclaimed Friend cards still in play, place a Karma () token onto each card.

**Draw 3 Friend cards (in a 5-player game, draw 4) and place them outside the game board next to the starred Location on each card.** These Friends are available for players to Impress and pick up when visiting these Locations at the time listed on the card.

WORK (is equal for everyone):

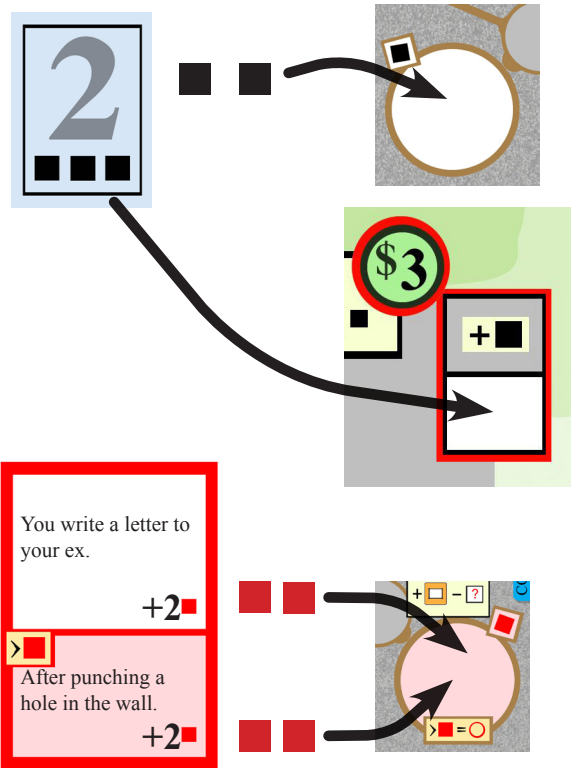
Draw a new Work card. Each player takes Work Stress cubes from the supply equal to the large number displayed and adds them to his player board.

If extra black cubes are on pictured on the card, add this amount of Work Stress Cubes to the Conference Room.

EMOTIONS (random for each player):

Each player, in clockwise order beginning with the player holding the first player marker, then draws one Emotion card and resolves it. That player alone receives Emotional Stress cubes equal to the number listed in the upper box.

If the player resolving his card has **more** than one Emotional Stress cube, he has a small breakdown and receives Emotional Stress cubes equal to the number listed on the lower box as well.



## THE FIRST DAY

**On Day one, after all Work and Emotional Stresses are given out to players, each player individually counts how many total Work and Emotional cubes they have in their Player Board. Each player moves forward on the ZP track that many spaces.**



## 2. PLAN



Now players will take turns planning out their itinerary for each Day, placing a token to represent their chosen action for the Morning, Afternoon, and Evening. If a player has been nice and played well with others, they may also have enough Karma saved up to take an extra action or two or three.

### PLACE TOKENS

Starting with the player holding the First Player Marker and continuing clockwise, players place a Morning token (or two) onto a location space on the board. These areas are marked in gray. If the area is circular, it indicates that tokens must be placed onto that location in empty spots from left to right and are somehow limited. Otherwise, players may freely place their tokens into the same locations as others and are encouraged to converse and negotiate their intentions.

After all players have placed their Morning token(s), players then place their Afternoon token(s), and finally their Evening token(s).

### USING KARMA

A player may pay Karma to the supply in order to take a second action during a specific time of day. The player places a second token onto a location on the board immediately after their first token and play continues clockwise as normal. In a 3 or 4 player game, players pay . In a 5-player game, players pay .

## 2. RESOLVE

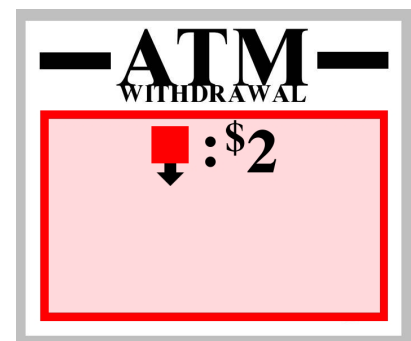
Once all players have planned out their entire Day, players take turns resolving their actions in the same clockwise order. Players must pay any costs associated with taking an action at this point, and receive any benefits and/or Karma listed for the action. And if there are any Friends at the location, they will then try to Impress them.

### PAY COSTS

To receive benefits for an action, players must pay to the supply the dollar cost listed in the green circle on a Location sign. Some Locations (like the Beach & Fitness Room) do not have any cost, are free to take.

### ATM

Players may also visit the ATM to gain extra cash to pay for Actions. Each player has a personal ATM account tracker. When a player cannot pay a Cost, but would still like to take an action, they may place an Emotional Stress cube onto the ATM to gain \$2. This may be used as many times as needed to pay the cost. However, any emotional stress cubes placed onto the ATM during the game **cannot be removed in any way**. During final scoring, an amount will be subtracted for every cube on the ATM, and will be transferred to a player's player board for final counting. It is recommended to use the ATM sparingly during gameplay.



### NOT PAYING

A player may decide NOT to Pay the costs of an action. In this case, they do not receive any benefit or Karma, however, that player's token **still counts when determining the benefit of a group action for other players**. This also means that other players will still receive Karma for going to the same Location as a player that decides to not pay for an action.

# RESOLVE (cont.)

## RECEIVE BENEFITS

Each location has a sign that explains the benefit a player receives for going to that location. Players collect the benefit listed and resolve any special actions that a location provides (see LOCATIONS below for more details).

*NOTE: As players become familiar with the system, they may be able to resolve many of their actions simultaneously. However, some locations give benefits based on how many players choose a certain action. Be sure to note what benefits each player receives and only remove Tokens when all benefits have been received.*

## GAINING KARMA

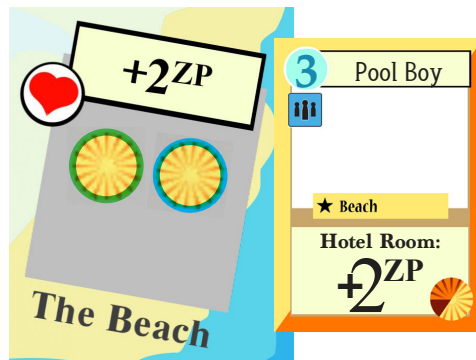
If two or more players visit a location marked with a (Karma), each player takes one Karma token from the supply. These locations are on the outside edge of the board.

## IMPRESS FRIENDS

If any Friends are on the Location (at that time of Day), a single player may now “impress” one Friend of their choice by paying the cost in ZP listed in the upper left corner of the card (minus their current location on the Fitness Track). This Friend is then placed in their Contacts, a line of face-up cards beside their player board, and becomes Active immediately. Friends sometimes provide immediate benefits, so be sure to activate these abilities as soon as the player adds the Friend to their Contacts. Other Friends provide special abilities that a player may activate when visiting a Location. This benefit occurs in addition to any benefits the Location provides.

## BID

If more than one player has a Token on a location with Friend(s), all players must now bid to Impress Friends. The player nearest in clockwise order to the Start player, chooses a Friend on the location and sets an opening bid amount which must be equal or greater to the “cost” listed on the Friend card. Players, in clockwise order, may then choose to bid higher or drop out of the bidding. Once all players but one have dropped out, the player with the highest bid wins the Friend. They may then subtract their current score on the Fitness Track from the final purchase price. If any more Friends remain on the location and more than one player Token is present, another bid begins in the same way. Otherwise, the last remaining player may choose any remaining Friend and pay the cost in ZP to add them to his Contacts.



*John and Darrell have both decided to go to the Beach in the Morning. Each receive +2ZP and a Karma Token. However, the only Friend to Impress at this location is the Pool Boy. Darrell has the Start Player Token so he begins the bidding at 5ZP. John decides to bid 7ZP, knowing that he has raised his Fitness level to 4 and will only have to pay 3ZP. Darrell decides to drop out of the bidding, and since no other players have Tokens at this Location, John wins the bid and Impresses the Friend. He moves his ZP marker 3 spaces backward on the ZP track and adds the Pool Boy to his Contacts.*

## REMOVE TOKENS

Once all players have resolved their actions, they remove their Tokens and move onto the Afternoon, and then the Evening, following the same cycle.

**If a player has placed more than one Token onto the board for a time of Day, he may resolve the benefits in whichever order he chooses.**

# LOCATIONS

Each Location on the grounds and surrounding areas of the beautiful Club Zen resort provide guests with a specific set of actions to explore. They give benefits and choices that will allow players to diversify their personal relaxation experience. This section explains each of the different locales and what actions they provide in detail.

## HOTEL ROOM (Player Board)

*A king-sized bed, jacuzzi, kitchen nook, balcony overlooking the ocean, and all the finest amenities await you in your personal executive suite. All the comforts of home, combined with all luxury of a five-star hotel. Also free wifi.*

Cost: \$0

Benefit: +Rest, Remove a Work or Emotional Stress cube of your choice.

Zen Garden:

Each time you visit your Hotel room, you also spend time “raking sand” in your personal Zen Garden. Take a token from the supply to upgrade your Rest level by one point. This allows you to hold more Stones within your Zen Garden.

No Karma Token Received.

## RESTAURANT ROW

*Restaurant Row is a place downtown, mainly for couples, where players can relax and eliminate stress while conducting a little business at some fine dining establishments near Club Zen. But, sometimes this feeling is a little forced, as a player may schedule a meeting and cause another player to attend the Restaurant along with them.*

Cost: \$2 & move backwards one space on Fitness Track

Fitness:

If possible, a player will move their marker backwards one space on the Fitness Track. The barbell markers along the track note safe points. A player may never move backwards past a barbell once they have moved past it.

Group Benefit:

When a player dines at the Restaurant alone at a certain time of day, he receives (the first benefit).

When a player dines with at least one other player at the same time of day, they both receive (the second benefit).

Reservation Only:

In the Morning and Evening, only two players may place their Token here. However, in the Afternoon, a buffet allows any number of players to place their Token and gain the benefit.

Scheduled Meeting

When a player places their Token in the Morning or Evening, they may pay 1 Karma (to the supply) to force one other player that has not placed a Token for this time of day, to place their Token onto the Restaurant as well (if there is space available). Both players receive the full benefit and 1 Karma token when resolving as normal.

## CONFERENCE ROOM

*The Conference Room is where players can focus and really get some meaningful work done as a group. The more players that attend at the same time of day, the more work everyone gets done. However, the first player to open the Conference Room will have to front the cost for everyone else that day.*

Cost \$3: \$0 for every player after the first.

Special Cost:

The first player that places his Token onto the Conference Room will pay \$3 to open the Conference Room for the entire dDy. Afterwards, any player may visit this location for no cost.

Group Benefit:

When one player visits the Conference Room he receives (-2W)

When two players visit the Conference Room they receive (-3W)

When three or more players visit the Conference Room they receive (-4W).

Opening the Conference Room for the Day/Distribute Extra Work  
The first player to place his marker onto the Conference Room during the day will place it onto the Red Cost Circle. When Resolving this location, that player must pay \$3.

After paying \$3, he distributes the extra work cubes to all other players. The cubes must be distributed as evenly as possible, but any extra may be distributed to the player(s) of his choice.

## MASSAGE ROOM

*An expensive, Executive, full-body massage, Shiatsu Massage Parlor provided (at a distinctly high cost) to resort patrons.*

Cost: \$4

Benefit: +4ZP, -2E

No Karma Token received.

## EVENTS

*A shuttle bus system is provided free-of-charge to resort patrons to luxuriously transport them to various scheduled events around the area. A new event is scheduled for morning, afternoon, and evening each day, with a variable cost to attend.*

Special Benefit: Cost \$?

Each card explains the cost and benefit.

Move the Event Marker

After attending an Event, move that player's marker one space forward on the Event Meter.

# LOCATIONS (Cont.)

## FITNESS ROOM

The hotel has a large, state-of-the-art gym and fitness training room that is complimentary provided to all resort patrons. It is an excellent spot to keep up appearances and compensate for those lovely caribbean dinners you'll be enjoying during your stay.

Cost: \$0

Benefit: -E, Move one space forward on the Fitness Track  
1X: May only be visited one time each day.

Special Karma Action:

Players may pay 1 Karma to move forward an extra space on the Fitness Track.

Players may pay 2 more Karma to move forward another extra space on the Fitness Track.

No Karma Token received.

## MEDITATION

Being as Club Zen was created as life-changing getaway for business professionals and entrepreneurs, the resort hosts several Meditation classes for those looking to calm their minds and sharpen their senses with Eastern sensibilities. With four world-renowned Gurus of Buddhist and Hindi philosophies, Club Zen's Meditation palace will provide a well-earned place of solitude and reflection for our weary travelers.

1X: May only be visited one time each day.

Suggested Donation:

Meditation is always free, however there is a suggested donation which will help to improve a player's experience. Those who underpay the suggested \$2 donation, will gain emotional stress.

If a player pays \$0, they receive +2E.

If a player pays \$1, they receive +1E.

If a player pays \$2, nothing happens.

If a player pays \$3, they receive a Karma token.

Benefit:

The first player to place their Token, places it in the left-most spot. That player choose one of the face-up Stones, and adds it to his Zen Garden face-down (unless it is a Karma, Money, or Start Player Token Stone, which may be flipped up at any time.) If a player does not have space in his Zen Garden for another Stone (for example: player has raked sand to a level 2, but is now collecting a third Stone), they may discard a Stone in their Garden and add replace it with the newly acquired Stone.

## BEACH/NIGHTCLUB

The Beach and the Nightclub are where most of the locals spend their time, relaxing, tanning, and sharing conversation over drinks.

BEACH

Cost: \$0 Benefit: +2ZP

Special Friends:

When Friends arrive at the Beach, they will always stay during both Morning and Afternoon. Players can meet and pick them up during both of these times.

NIGHTCLUB

Cost: \$1 Benefit: -E

Night-life:

The Nightclub is only open for business during the Evening.

# SYMBOLS



**FITNESS**

A player's fitness level is used as a Discount when Impressing new Friends.



**REST**

Rest determines how many Stones a player may have in his Zen Garden.



**FRIENDS**

Friends provide special abilities during the game.



**EVENTS**

Everytime a player attends an Event, the Event track is moved forward.

## ZEN STONES

There are two types of Zen Stones that players may collect, ones that provide end-game scoring bonuses for symbol collection or ones that provide a benefit during the game (with smaller ZP scoring during end-game).



Zen Stones with these four symbols provide end-game points for taking actions during the game that increase the amount of symbols a player has collected. *For example, if a player has reached level 6 on their Fitness Track by game-end, each Stone in their Garden with a Fitness symbol will provide them 6ZP.*



**Karma Stone:** Each Day during Prepare, the owner of this Stone gains one Karma Token.



**Money Stone:** Each Day during Prepare, the owner of this Stone gains one extra Dollar.



**Start Player Stone:** During Prepare, the owner of this Stone may flip it face up to become Start Player.



# GAME END & FINAL SCORING

The game is over at the end of 7 days. At this point, players will score and lose points based on Stones in their Zen Gardens and how well they managed their Work and Emotional stress.

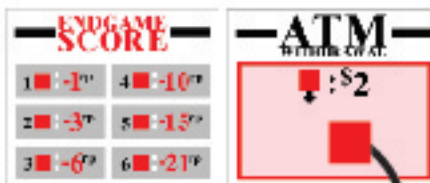
## END-GAME SCORING



Reveal Stones and score ZP for each symbol collected.





Score ZP in bottom right corner of any Special Stones.





Subtract ZP for any cubes on your ATM. Then move them to your supply.



Subtract 1 ZP for each remaining Stress cube.

	Least 	Least 
1st	+10ZP	+10ZP
2nd	+5ZP	+5ZP
3rd	0ZP	0ZP
4th	-5ZP	-5ZP
5th	-10ZP	-10ZP

All players compare the remaining Stress cubes in their possession, scoring ZP once for  and for  based on the scale to the left.

For example, in a 4 player game: if one player has 0 work cubes, he receives 10zp, if two players both have 1 work cube, they both receive 5zp, and the remaining player with 3 work cubes, scores 0zp.

The player with the most ZP is now the most relaxed person in their office and the winner of the game. If there is a tie, the player with the most Karma remaining is the winner. If there is still a tie, shake hands and share your victory, as you return to your regular working life.

# CLARIFICATIONS & STRATEGY

## **Group Benefits**

Only activate if players visit the location at the same time of Day.

## **Friends**

Friends can only be picked up by players if they are visiting the Location the Friend appears at the time of Day noted on the outside border of the Friend card.

## **Karma/Money**

Players only receive Karma when they visit a location with a Karma symbol with another player, and only if they visit that location at the same time of Day.

Karma and Money are generally worth nothing at the end of the game. During the game, they are precious and tight, but don't be worried about throwing it all in on the last Day.

## **Emotions vs Work Stress**

Emotions are personal. Work, well, everyone has work to do some sometimes. You don't have total control over your emotions, so keep them in check as much as possible to avoid breakdowns. Work can pile up for a while, but if you decide to Work, try to get as much done as possible in one swoop. Invite others to join you in the Conference Room.

## **Restaurant Row**

Be aware that the Scheduled Meeting function is generally not used early in the game, but may become more vindictive as the game continues. Try to use it to your advantage and always keep a healthy supply of Karma at the ready in case someone tries to ruin your Day.

## **Table Talk**

Converse, negotiate, plan ahead. Nothing in the game is tradable, and no player can offer bribes, but avoiding having to pay a Karma for a Scheduled Meeting is grand. And convincing every player to have a night Volleyball Tournament together is a high-five-worthy moment.



Thanks for playing!