



2016 Practice Period Agreement

NAME _____ E-MAIL _____

I agree to abide by the following commitments for the Practice Period from September 17 to October 15.

SITTING SCHEDULE: Minimum is to sit at least once a day every day.

PRIMARY GAP: Write down where you feel you might be stuck in your practice, and how, specifically, you plan to address it:

DAILY INTENSIFICATION: Indicate how you plan to make your practice more continuous throughout the day, including menu items, pattern interrupts, etc. (View a complete list of menu items at www.zencentersandiego.org under Practice Period.)

OTHER COMMITMENTS: Saturday morning sittings, Sunday morning sittings from 10–12, Saturday afternoon workshops, Wednesday evening practice group, sesshin from October 7–10, and closing ceremony on Saturday, October 15 at 11 a.m.

LEGIBLE SIGNATURE

DATE

Please mail copy to: Practice Period, ZCSD, 2047 Felspar St., San Diego, CA 92109-3551 or put it in the box on the kitchen table marked Practice Period. ***Please do not e-mail this form.***