

2018 PRACTICE PERIOD AGREEMENT

NAME _____

E-MAIL _____

I agree to abide by the following commitments for the Practice Period from September 15 to October 13.

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

PRACTICE FOCUS: 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 5-8, and closing ceremony on Saturday, October 13 at 11 AM.

LEGIBLE SIGNATURE

DATE

Please mail copy to “Practice Period, ZCSD” or put it in the box on the kitchen table marked Practice Period. Please do not e-mail this form.