

2007 PRACTICE PERIOD AGREEMENT

NAME _____ E-MAIL _____

I agree to abide by the following commitments for the Practice Period from September 15 to October 20.

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

PRIMARY GAP: Write down how you see your primary gap in 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 9-11, Saturday afternoon workshops, Wednesday evening practice group, sesshin from October 12-15, and closing ceremony on Saturday, October 20 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.