

## 2017 PRACTICE PERIOD AGREEMENT

NAME \_\_\_\_\_ E-MAIL \_\_\_\_\_

I agree to abide by the following commitments for the Practice Period from September 16 to October 14.

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](http://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 6 -9, and closing ceremony on Saturday, October 14 at 11 AM.

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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.**