

Zen Center San Diego
2019 PRACTICE PERIOD AGREEMENT

Name _____ E-Mail _____

I agree to abide by the following commitments for the Practice Period from September 14 to October 12.

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, Zazenkai (All Day Sit) September 14-15, Sunday morning sittings from 10-12, Wednesday evening practice group, sesshin from October 3 - 6, and closing ceremony on Saturday, October 12 at 11 AM.

LEGIBLE SIGNATURE

DATE