

# Practice Period COMMITMENT FORM

January 25 – February 22, 2025

I will participate in the Practice Period at home, at my workplace, at the Zen Center or online in the following ways.  
(\*Register via the [Winter Practice Period](#) page to attend onsite or online.)

## ZAZEN COMMITMENT

\_\_\_\_\_ I will sit at home \_\_\_\_\_ days per week for \_\_\_\_\_ minutes per day.

\_\_\_\_\_ I will sit at SMZC \_\_\_\_\_ mornings (M T W Thu F Sat Sun) (Zendo \_\_\_\_\_ Online \_\_\_\_\_)

\_\_\_\_\_ evenings (M T W Thu F Sat Sun) (Zendo \_\_\_\_\_ Online \_\_\_\_\_)

\_\_\_\_\_ I will sit at Natthagi Zen Center in Iceland

\_\_\_\_\_ I will sit with South Sound Zen Group in Washington

\_\_\_\_\_ I will sit at Kannon Zen Center in Poland

\_\_\_\_\_ I will sit with Del Ray Zen Sitting Group in Virginia

\_\_\_\_\_ I will sit with Windsor Zen Group in California

## ANGO PRACTICE

\_\_\_\_\_ I will attend on site for day practice (not overnight). (M T W Thu F Sat Sun)

\_\_\_\_\_ I will attend on site for Samu (work practice) 9–11:00 am. (-- T W Thu F Sat Sun)

\_\_\_\_\_ I will recite the Verse of the Kesa in the morning. (M T W Thu F Sat Sun)

\_\_\_\_\_ I will recite the Fukanzazengi (Dogen's principles for seated meditation) in the evenings. (M T W Thu F Sat)

## ANGO CEREMONIES & SATURDAY SHUSO TALKS\*

\_\_\_\_\_ I will attend the Opening Ceremony & Shuso Talk on January 25 at 10:30 am. (Zendo \_\_\_\_\_ Online \_\_\_\_\_)

\_\_\_\_\_ I will attend Saturday Practice & Shuso Talk on February 1 at 10:30 am. (Zendo \_\_\_\_\_ Online \_\_\_\_\_)

\_\_\_\_\_ I will attend Saturday Practice & Shuso Talk on February 8 at 10:30 am. (Zendo \_\_\_\_\_ Online \_\_\_\_\_)

\_\_\_\_\_ I will attend the Closing Ceremony on February 22 at 10:30 am. (Zendo \_\_\_\_\_ Online \_\_\_\_\_)

## SESSHIN\*

\_\_\_\_\_ I will attend (ALL) or (PART) of sesshin, February 9–16. (Zendo \_\_\_\_\_ Online \_\_\_\_\_)

\_\_\_\_\_ I will attend Shuso's sesshin talks on February 11, 13, 15 at 3:30 pm. (Zendo \_\_\_\_\_ Online \_\_\_\_\_)

\_\_\_\_\_ I will attend Nyoze Kwong's Dharma Talk on Wed, February 12 at 3:30 pm. (Zendo \_\_\_\_\_ Online \_\_\_\_\_)

\_\_\_\_\_ I will attend Jakusho Kwong-roshi's Dharma Talk on Fri, February 14 at 3:30 pm. (Zendo \_\_\_\_\_ Online \_\_\_\_\_)

## STUDY I will commit to reading the following books:

\_\_\_\_\_ *Treasury of the True Dharma Eye: Zen Master Dogen's Shobo Genzo* Edited by Kazuaki Tanahashi (M T W Thu F Sat Sun)

\_\_\_\_\_ *When Things Fall Apart* by Pema Chödrön (M T W Thu F Sat Sun)

\_\_\_\_\_ *Branching Streams Flow in the Darkness* by Shunryu Suzuki (M T W Thu F Sat Sun)

\_\_\_\_\_ *Journey Without Goal: The Tantric Wisdom of the Buddha* by Chögyam Trungpa (M T W Thu F Sat Sun)

\_\_\_\_\_ *The Holy Teaching of Vimalakirti* Translated by Robert A. F. Thurman (M T W Thu F Sat Sun)

In support of this Practice Period, I vow to bring mindfulness, compassion and awareness into my daily activities, human relationships and into my workplace.

Print Name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

Please scan and return your completed Commitment Form via email to [office@smzc.org](mailto:office@smzc.org).

## SONOMA MOUNTAIN ZEN CENTER

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