

Practice Period COMMITMENT FORM

January 31 – February 28, 2026

I will participate in the Practice Period at home, at my workplace, at the Zen Center or online in the following ways.

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) in Zendo _____ Online _____
- _____ evenings (M T W Thu F Sat Sun) in 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 _____ I will sit with Sansho Three Pines in Massachusetts

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

Register to attend onsite or online via the [Winter Practice Period](#) page.

- _____ I will attend the Opening Ceremony & Shuso Talk on January 31 at 10:30 am. (Zendo _____ Online _____)
- _____ I will attend Saturday Practice & Shuso Talk on February 7 at 10:30 am. (Zendo _____ Online _____)
- _____ I will attend Saturday Practice & Shuso Talk on February 14 at 10:30 am. (Zendo _____ Online _____)
- _____ I will attend the Closing Ceremony on February 28 at 10:30 am. (Zendo _____ Online _____)

SESSHIN Register to attend onsite or online via the [Winter Practice Period](#) page.

- _____ I will attend (ALL) or (PART) of sesshin, February 15–22. (Zendo _____ Online _____)
- _____ I will attend Shuso's sesshin talks on February 17, 19, 20 at 3:30 pm. (Zendo _____ Online _____)
- _____ I will attend Nyoze Kwong's Dharma Talk on Wed, February 18 at 3:30 pm. (Zendo _____ Online _____)
- _____ I will attend Jakusho Kwong-roshi's Dharma Talk on Fri, February 20 at 3:30 pm. (Zendo _____ Online _____)

STUDY I will commit to reading the following books:

- _____ *Zen Mind, Beginner's Mind* by Shunryū Suzuki (M T W Th F Sat Sun)
- _____ *Food for the Heart: The Collected Teachings of Ajahn Chah* by Ajahn Chah (M T W Th F Sat Sun)
- _____ *Comfortable with Uncertainty* by Pema Chödrön (M T W Th F Sat Sun)
- _____ *Hsin-Hsin Ming: Verses on the Faith-Mind* by Seng-ts'an, 3rd Zen Ancestor
tr. Richard B. Clarke, illus. by Gyokusei Jikihara (M T W Th F Sat Sun)
- _____ *Transmission of Light: Zen in the Art of Enlightenment* by Zen Master Keizan (M T W Th F Sat Sun)
- _____ *Heart of Zen: Practice without Gaining Mind* by Sotoshu Shumuchō (M T W Th 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.

SONOMA MOUNTAIN ZEN CENTER

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