

Practice Period COMMITMENT FORM

August 29 – September 26, 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 (Pre-register via the [event calendar](#).)

- _____ I will attend the Opening Ceremony on August 29 (10:30 am–12 pm). (Zendo _____ Online _____)
- _____ I will attend Saturday Practice & Shuso talk on September 5 (10:30 am–12 pm). (Zendo _____ Online _____)
- _____ I will attend Saturday Practice & Shuso talk on September 12 (10:30 am–12 pm). (Zendo _____ Online _____)
- _____ I will attend the Closing Ceremony on September 26 (10:30 am–1:30 pm). (Zendo _____ Online _____)

SESSHIN & SESSHIN TALKS (Pre-register via the [event calendar](#).)

- _____ I will attend (ALL) or (PART) of sesshin, September 13–20.
- _____ I will attend Shuso's sesshin talks on September 15, 17, 19 at 3:30–4:30 pm.
- _____ I will attend Abbot Nyoze Kwong's Dharma talk on September 16 at 3:30–4:30 pm.
- _____ I will attend Jakusho Kwong-roshi's Dharma talk on September 18 at 3:30–4:30 pm.

STUDY I will commit to reading the following books:

- _____ *The Zen Teaching of Bodhidharma* by Bodhidharma (trans. Red Pine) (M T W Thu F Sat Sun)
- _____ *Trust in Mind: The Rebellion of Chinese Zen* by Mu Soeng (M T W Thu F Sat Sun)
- _____ *Opening the Hand of Thought* by Kosho Uchiyama (M T W Thu F Sat Sun)
- _____ *The Light That Shines through Infinity* by Dainin Katagiri (M T W Thu F Sat Sun)
- _____ *No Beginning, No End: The Intimate Heart of Zen* by Jakusho Kwong (M T W Thu F Sat Sun)
- _____ *Sky Above, Great Wind: The Life and Poetry of Zen Master Ryokan* (M T W Thu F Sat Sun)
- by Kazuaki Tanahashi

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.

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