

Here is a form you can use to register your personal commitment for our 2016 Practice Period. You'll record what you plan to do, for yourself. You can also send this to Sarah Bender (sembender@gmail.com) or to Andrew Palmer (alpsensei@gmail.com), as you open a conversation with a teacher about your practice during this period.

Please note: This practice period is a little over three months long. You may choose one of the suggested time spans below, or choose your own.

Here's a link to the letter from Sarah Bender introducing the practice period. It includes a list of scheduled events and ongoing opportunities offered by SMS during this time frame. <http://www.smszen.org/practice-period-2016/>

PRACTICE PERIOD REGISTRATION FORM for (Name): _____

Practice period dates:

___ Jan. 9-April 17 ___ Jan. 9-Feb. 27 ___ Other_____

Meditation Schedule:

Individual _____

In community_____

Retreats/Simple Sittings _____

Ongoing study/Practice in Community_____

Other_____

My intention is to meet the schedule I have proposed.

Signed:_____ Date:_____