

### *\*Continuous Practice*

I commit to sitting the following meditation period(s) at Dharma Field:

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING MEDITATION</b>						
1st period	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2nd period	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3rd period	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>EVENING MEDITATION</b>						
1st period	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2nd period	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please check as many boxes as you will commit to, even if only one, and return this form to Steve Hagen in dokusan.

NAME \_\_\_\_\_ PHONE \_\_\_\_\_

----- please keep the bottom half for reference -----

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This program is an option for those who would develop a deep and steady meditation practice. Unlike the practice periods, this program is continuous throughout the year with a minimum commitment of one sitting per week. Once you have submitted your schedule, you will be expected to fulfill your commitment thoroughly, discussing any missed sittings with Steve Hagen. If your commitment is to be altered, you must submit a new form, and discuss in dokusan. If you don't maintain your schedule you will be dropped from the program without notice.

The continuous practice commitment is considered your baseline practice. If you commit to a fall or spring practice period, that commitment will supersede your continuous practice commitment for the duration of the practice period. You then return to your continuous practice schedule, or submit a new form to commit to a new schedule.