

# The True Spirit of Zen: One Step

Practice Period September 11–25, 2022

## Application

Name \_\_\_\_\_ Age \_\_\_\_\_

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

Address \_\_\_\_\_

- I am fully vaccinated for COVID–19 (copy of vaccination card attached if new to AZC)
- I have participated in a multi–day sitting/sesshin. If not at AZC: \_\_\_\_\_
- I have a diagnosed physical, emotional or psychiatric condition:
- I take a daily medication:

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

- I have a medical condition or a medical dietary restriction, e.g. diabetes, heart condition or pregnancy: \_\_\_\_\_

*The menu will be vegetarian. We adhere to Buddha's teaching of 'no picking and choosing' and are unable to cater to food preferences.*

- I will attend **ALL** of Practice Period, including the 1–day and 3–day sesshins
- I will attend **SOME** of Practice Period – **Make your commitment to Practice Period below in a personalized schedule.**

Mail or hand–deliver your completed application with payment to Ashland Zen Center, 740 Tolman Creek Road, by September 1, 2022. Practice Period applications go in the Practice Period envelope on the hallway bulletin board in the zendo.

**2022 Practice Period 'personalized' schedule of \_\_\_\_\_**

One-Day Sesshin Sunday 9/11	Monday 9/12	Tuesday 9/13	Wednesday 9/14	Thursday 9/15
Friday 9/16	Saturday 9/17	Sunday 9/18	Monday 9/19	Tuesday 9/20
Wednesday 9/21	Thursday 9/22	3-Day Sesshin Friday 9/23	3-Day Sesshin Saturday 9/24	3-Day Sesshin Sunday 9/25

**Practice Period fees are due at time of application. You are not registered until paid.**  
*Partial scholarships may be available – please inquire with the Practice Ryo.*

**ALL of Practice Period 2022**

Sun 9/11 to Sun 9/25

Pledging Member of AZC \$320  
Non-Pledging Member \$400 \$ \_\_\_\_\_

**SOME of Practice Period 2022**

**One-Day Sesshin Sun 9/11**

Pledging Member of AZC: \$40  
Non-Pledging Member: \$50 \$ \_\_\_\_\_

- 1.  I have my own oryoki  I need to borrow an oryoki set
- 2.  I need oryoki training
- 3.  I request overnight accommodation for full immersion in sesshin

**Practice Period Days Mon 9/12 to Thu 9/22**

Full Days of Practice Period

Pledging Member of AZC \$16/day \$ \_\_\_\_\_  
Non-Pledging Member \$20/day \$ \_\_\_\_\_  
Partial Days of Practice Period donation \$ \_\_\_\_\_

**Three-Day Sesshin Fri 9/23 to Sun 9/25**

Pledging Member of AZC \$120 (\$40/day)  
Non-Pledging Member \$150 (\$50/day) \$ \_\_\_\_\_

- 1.  I will attend the entire three-day sesshin. I will attend  Fri  Sat  Sun  
 See my personalized schedule
- 2.  I have my own oryoki  I need to borrow an oryoki set
- 3.  I need oryoki training
- 4.  I request overnight accommodation for full immersion in sesshin

Donation to Scholarship Fund \$ \_\_\_\_\_

**Make your check out to AZC** Total \$ \_\_\_\_\_

**RETURN BY SEPTEMBER 1**

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## Schedule

REST DAYS FRI 9/16 AND THU 9/22

MORNING 5:20 AM WAKEUP BELL  
6:00 AM ZAZEN  
6:40 AM KINHIN  
6:50 AM ZAZEN  
7:30 AM SERVICE  
7:40 AM BREAKFAST PREP  
8:10 AM BREAKFAST

MORNING 6:20 AM WAKE-UP BELL  
7:00 AM ZAZEN  
7:30 AM SERVICE  
7:40 AM B'FAST PREP  
8:10 AM BREAKFAST  
9:10 AM REST/LAUNDRY

MID-MORNING 9:20 AM STUDY HALL  
10:20 AM BREAK  
10:30 AM SAMU  
12:00 PM CLEANUP  
12:10 PM LUNCH PREP  
12:40 PM LUNCH

EVENING 6:30 PM ZAZEN  
7:00 PM PILLOW BELL  
8:30 PM FIREWATCH

AFTERNOON 1:40 PM SAMU  
3:30 PM SILENT REST/BATH  
5:00 pm DINNER PREP  
5:30 PM DINNER

EVENING 6:30 PM GROUP STUDY  
8:00 PM ZAZEN  
8:30 PM PILLOW BELL  
9:30 PM FIREWATCH/LIGHTS OUT

### NOTES:

- 1) CLACKERS AT ALL MEALS (10 MIN SILENCE)
- 2) 'NOT ALWAYS SO' FOR STUDY HALL AND BOOK STUDY
- 3) BAG LUNCH/DINNER PROVIDED ON REST DAYS