

## Fall 2025 Practice Period    September 5 - 14, 2025

### Body    Breath    Mind

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

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

Address \_\_\_\_\_

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

### ATTENDANCE

It is encouraged to commit to all ten days of Practice Period to receive its full benefits. See details below. If it is not possible to meet minimum registrations contact the Practice Period leader, Tendo Stacy, 541-944-2682, stacy@mind.net.

### MEDICAL

☐ I have a diagnosed physical, emotional or psychiatric condition. Explain below.

☐ I take a daily medication which the leader should know about. Explain below.

☐ I have a doctor-diagnosed dietary restriction. Explain below.

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

### SESSHIN | OVERNIGHT ACCOMMODATION

☐ I request overnight accommodation for the three-day sesshin:

☐ Thu   ☐ Fri   ☐ Sat   ☐ Sun

### SESSHIN | ORYOKI

During sesshin we will be eating all meals oryoki.

☐ I will bring my own oryoki set   ☐ I need to borrow a Zen Center oryoki set

☐ I need oryoki training

### FEES

Partial scholarships may be available if the fee is the only barrier to attending.

**Entire Practice Period including Sesshin** – Cost \$200, or \$170 for pledging members. Enter your amount.

✓ to indicate your participation

	Entire Practice Period including Sesshin Sept. 5 - 14	\$
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Continued for registration for less than the entire Practice Period including Sesshin.

**Weekend** – Minimum participation is both Saturday and Sunday.

Cost for weekend is \$25.

✓ to indicate your participation

	Saturday, Sept. 6, and Sunday, Sept. 7, 8:00am – 11:50am	\$25
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**Weekdays** – Minimum participation is all five days, mornings and evenings; Friday, Monday, Tuesday, Wednesday and Thursday. Cost is \$20.

✓ to indicate your participation

	Friday, Monday, Tuesday, Wednesday, and Thursday, Mornings 6:00am – 7:10am and Evenings 6:30 – 7:30pm (no evening activity on Thurs.)	\$20
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**Sesshin** – Minimum participation is one complete day.

Cost \$50 per day, or \$40 per day for pledging members. Enter your amount.

✓ to indicate your participation

	Friday, Sept. 12, 6:00am – 8:50pm	\$
	Saturday, Sept. 13, 6:00am – 8:50pm	\$
	Sunday, Sept. 14, 6:00am – 2:55pm	\$

Subtotal Weekend, Weekdays and Sesshin \$

Donation for accommodations if sleeping over for sesshin \$

**TOTAL \$**

You are not registered until you have paid. No refunds will be given.

**Medical Explanations:**

**Registration is due by Thursday August 28.**