

Practice Intensive

Sunday April 19 to Sunday, May 31, 2026

...this zazen is imperceptibly one with each and all myriad things, and completely permeates all time, so that within the limitless universe, throughout past, present and future, it performs the eternal and ceaseless work of guiding beings to enlightenment.

—Dogen

You are invited to participate in the upcoming six-week Spring Practice Intensive. This is an opportunity to rededicate ourselves to daily zazen for a focused period of time, much as one would do at a residential practice center. It is also an opportunity to experiment with the limits of our time and energy, throwing ourselves into the zazen schedule as much as we are able, while joining our efforts with the efforts of others. In this way, we create a revitalized and mutually supportive practice environment together.

During this time we will have our usual morning zazen Monday through Friday at 6 and 6:50 AM followed by service, as well as Sunday morning zazen, Tuesday evening zazen, and Thursday night Zoom Study Group. In addition, we will have an All-day Sitting on Sunday, April 26, Buddha's Birthday Celebration on May 3, a Dharma talk by Choro Carla Antonaccio on Sunday, May 17, and a Study Hall after service on Monday mornings except for Monday, May 25 when we will be closed for Memorial Day. We will also have an additional period of zazen on Monday evenings at 6 PM and Way Seeking Mind Talks instead of the second period of zazen on some Tuesday evenings during this six-week period.

The Practice Intensive includes three Practice Intensive Teas on Sundays after the usual zendo program. These will occur on **April 19, May 24, and May 31**. Those participating in the Practice Intensive are expected to attend at least two of these Sunday morning teas where we gather to talk about practice. **Because of our individual circumstances, there is no minimum participation in the Practice Intensive other than the Practice Intensive Teas.**

Practice Intensives are a good way to feel more fully supported in your efforts to practice, as well as a lovely way to get to know other sangha members better. Please use the form on the back of this page to draw up a realistic schedule for yourself that you can commit to, and that perhaps also stretches you a bit. Remember to make a copy of your commitments for yourself and submit this form with the \$25 registration fee by Thursday, April 16.

Sitting zazen and practicing together gives us a clear taste of our interdependence.

We hope you will join us.

—Zenki Kathleen Batson

Spring 2026 Practice Intensive Registration Form

Please return the form below with a \$25 registration fee by Thursday, April 16.
 Highlight or circle the Practice Intensive events you would like to attend and print your name at the bottom.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
April 19	April 20	April 21	April 22	April 23	April 24	April 25
9:00 AM zazen	6:00 AM zazen	6:00 AM zazen	6:00 AM zazen	6:00 AM zazen	6:00 AM zazen	
9:50 AM zazen	6:50 AM zazen	6:50 AM zazen	6:50 AM zazen	6:50 AM zazen	6:50 AM zazen	
11:15 AM PI Tea	7:45 AM Study Hall					
	6:00 PM zazen	7:00 PM zazen				
		7:40 PM Way-seeking Talk by Peter		6:00 PM Study Group via Zoom		7:40 PM All-day Sitting Orientation
April 26	April 27	April 28	April 29	April 30	May 1	May 2
9:00 AM zazen	6:00 AM zazen	6:00 AM zazen	6:00 AM zazen	6:00 AM zazen	6:00 AM zazen	10:00 AM to noon Work Period
9:50 AM zazen	6:50 AM zazen	6:50 AM zazen	6:50 AM zazen	6:50 AM zazen	6:50 AM zazen	
10:30 AM Dharma Talk by Zenki	7:45 AM Study Hall					
All-day Sitting	6:00 PM zazen	7:00 PM zazen		6:00 PM Study Group via Zoom		
		7:40 PM Way-seeking Talk by Heather				
May 3	May 4	May 5	May 6	May 7	May 8	May 9
9:00 AM zazen	6:00 AM zazen	6:00 AM zazen	6:00 AM zazen	6:00 AM zazen	6:00 AM zazen	
9:50 AM zazen	6:50 AM zazen	6:50 AM zazen	6:50 AM zazen	6:50 AM zazen	6:50 AM zazen	
Buddha's Birthday Celebration	7:45 AM Study Hall					
	6:00 PM zazen	7:00 PM zazen		6:00 PM Study Group via Zoom		
		7:40 PM Way-seeking Talk by Kit				
May 10	May 11	May 12	May 13	May 14	May 15	May 16
9:00 AM zazen	6:00 AM zazen	6:00 AM zazen	6:00 AM zazen	6:00 AM zazen	6:00 AM zazen	
9:50 AM zazen	6:50 AM zazen	6:50 AM zazen	6:50 AM zazen	6:50 AM zazen	6:50 AM zazen	
	7:45 AM Study Hall					
	6:00 PM zazen	No evening zazen		No Study Group		
May 17	May 18	May 19	May 20	May 21	May 22	May 23
9:00 AM zazen	6:00 AM zazen	6:00 AM zazen	6:00 AM zazen	6:00 AM zazen	6:00 AM zazen	
9:50 AM zazen	6:50 AM zazen	6:50 AM zazen	6:50 AM zazen	6:50 AM zazen	6:50 AM zazen	
10:30 AM Dharma Talk by Choro	7:45 AM Study Hall					
	6:00 PM zazen	7:00 PM zazen		6:00 PM Study Group via Zoom		
		7:40 PM zazen or Way-seeking Talk				
May 24	May 25	May 26	May 27	May 28	May 29	May 30
9:00 AM zazen	Memorial Day	6:00 AM zazen	6:00 AM zazen	6:00 AM zazen	6:00 AM zazen	
9:50 AM zazen	Zen Center Closed	6:50 AM zazen	6:50 AM zazen	6:50 AM zazen	6:50 AM zazen	
11:15 AM PI Tea						
		7:00 PM zazen		6:00 PM Study Group via Zoom		
		7:40 PM zazen or Way-seeking Talk				
May 31						
9:00 AM zazen						
9:50 AM zazen						
11:15 AM Closing PI Tea						

Name _____

Email _____