

Make note of your commitment here, and send to Gene eugenebush@baymoon.com
 And give me your preferred email to send material to you.

<i>The activity</i>	<i>When and how you will do this --</i>
Zazen	
Memorize something	
Attend class	
Read a book or see a film	
Have two study buddies; work in groups of three	
Exercise	
Grow something	
Sew something	
Shakyo/ copy a sutra	
Count to 108 every day	
Sesshin days	
Converse with Gene	
Make note here: Is there something you are doing online with a different zen center, something else you are doing that you would like me to know about? Or something you would like to have 'count' as one of your AZG practice period activities?	