

EVERYONE IN THE COMMUNITY IS INVITED TO ATTEND

WEN WU SCHOOL PRACTICE PERIOD

APRIL 24TH THROUGH MAY 29TH

During the next five weeks, the Wen Wu School wants to provide everyone an opportunity to increase the intensity and depth of your practice. In addition to the usual class offerings, we will offer:

World Tai Chi & Qigong Day Continuous Practice April 24th

Opening of practice period. Ceremonies begin at 9:30 am. We will join people in hundreds of cities in 65 nations coordinating a continuous flow of tai chi and qigong energy dedicated to world peace. Our time slot, during which we will be continuously doing qigong and tai chi, will be from 10:00 am to 12:00 noon

Daily Morning Meditation and Qigong at WWS -

Mondays through Fridays, silent sitting meditation 5:40 am to 6:30 am, followed by qigong practice 6:30 am - 7:30 am.

Three Lectures on the Heart Sutra - 6:30 - 8:00 pm

Bob Rosenbaum, a teacher from Berkeley Zen Center, will speak on the Heart Sutra, a core text of Chan and Zen Buddhism, and how it applies to our practice. Sunday May 2nd, Sunday May 16th, and Saturday May 29th (after lecture on May 29th, there'll be a brief ceremony to mark end of practice period)

How you can participate:

- *Make a commitment to increase your practice*
- *Fill out the Practice Period Participation form and submit it*
- *Join us at your usual class(es) and any of the events above*
- *Bring a friend!*

All events are free but donations for Fountain Project requested for Heart Sutra lectures

Name _____ Email _____ Phone _____
 Address _____

FILLING OUT THIS FORM IS YOUR COMMITMENT TO YOURSELF. NOBODY WILL MONITOR YOU. HOWEVER, WRITING DOWN WHAT YOU ARE GOING TO DO OVER THE NEXT FIVE WEEKS WILL HELP GIVE YOU A STRUCTURE FOR THE PRACTICE PERIOD. TO HELP ENCOURAGE YOU, SHIFU OR SHIMU WILL REVIEW YOUR PLAN, SIGN IT, MAKE A COPY AND RETURN IT TO YOU.

1. During practice period, I will attend the following Wen Wu School activities on a weekly basis:
 (remember, in addition to your usual class date you can attend additional classes for no extra fee)

(please circle all that apply)

SUN	MON	TUE	WED	THU	FRI	SAT
6-8 AM Taiji	5:40-6:40 AM Meditation	5:40-6:40 AM Meditation	5:40-6:40 AM Meditation	5:40-6:40 AM Meditation	5:40-6:40 AM Meditation	
8-10 AM 1 st Set Qigong	6:40 - 7:30 AM Qigong	6:40 - 7:30 AM Qigong	6:40 - 7:30 AM Qigong	6:40 - 7:30 AM Qigong	6:40 - 7:30 AM Qigong	7-9 AM 2 nd Set Qigong
10:15-12:15 PM 1 st Set Qigong						9:15-11:15 AM 2 nd Set Qigong
2-4 PM Taiji						
4-6 PM Shaolin	4:30 - 6:30 PM 1 st Set Qigong	4-6 PM Taiji	4-6 PM Shaolin			
		7-9 PM 1 st Set Qigong	7-9 PM Taiji	7-9 PM 2 nd Set Qigong		

2. In addition to the above, I will practice:

fill in below a) **what** you will practice (warm-ups, taiji, qigong, shaolin, meditation, painting, acupressure massage, or any other related practice you want to do regularly) b) **when** you will practice (time of day) c) **where** you will practice (at home, at work, in a class held at a non-Wen Wu site, etc.)

	SUN	MON	TUE	WED	THU	FRI	SAT
What							
When							
Where							

3. I plan to attend World Tai Chi Qigong Day (marks opening of practice period)

4. I plan to attend weekday morning sessions on: M T W Th F

Note: you can attend either meditation or qigong or both. Please specify

Meditation Qigong

5. I plan to attend the following Heart Sutra Lectures:

Sunday May 2nd Sunday May 16th Saturday May 29th (marks closing of practice period)

I have reviewed the commitments I have made above, and feel they are realistic and I will be able to fulfill them during the practice period.

 (signed)