If you are interested in Zen meditation (zazen) with Endless Path Zendo please fill out and return.

Name Age Preferred pronouns

Occupation Phone number

How did you hear about us?

Do you have any experience with meditation?

If so, what?

Have you done meditation with other spiritual groups?

If so, which?

Do you have any experience specifically with Zen practice?

If so, what?

Do you now have a meditation practice? What is it?

How often do you practice? More than once a day? Daily? Every few days?

Intermittent? How long do you usually meditate at any one time?

If you have no Zen meditation (zazen) experience we recommend these excellent 'how-to's":

Taking the Path of Zen, Robert Aitken Three Pillars of Zen, Philip Kapleau

Once you are able to sit for 25 minutes, (the length of our "rounds" of seated zazen), you are welcome to join us. You can sit at EPZ on a chair, on a sitting bench, or with cushion and mat. An N95 or KN95 mask is required for those coming in person.