

SUMMER STUDENT SCHEDULE 2025

TASSAJARA ZEN MOUNTAIN CENTER

Summer at Tassajara offers a wide array of activities to engage body-mind. The experience can range from simple refuge to deeply transformative, depending on one's engagement. For all students, the day begins with zazen (seated meditation) and ends with zazen or a Dharma talk. Before each meal, the community engages in traditional Zen services of bowing and chanting Buddhist scriptures. The work day, caring for the grounds and the guests, is about six-and-a-half hours.

All students are asked to commit to following the schedule (see below) completely, with some variation depending on their work role. In addition, students are trained to perform traditional Zen monastic roles, including playing instruments in services and ringing the wake-up bell.

5:00 Informal Zazen (optional)

5:30 Wake-up Bell

6:00 Zazen (with 5 min. interval)

7:00 Morning Service

7:25 Soji

7:45 Breakfast

8:45 Work Circle

12:10 End Work

12:15 Lunch

1:15 Work Circle

4:15 End Work

4:15 - 5:30 Student-only Bathing (silent)

5:00 Informal Zazen (optional)

5:50 Evening Service

6:00 Dinner

7:00 Informal Zazen (optional)

8:00 Zazen

8:40 Refuges

9:30 Firewatch