

SUMMER STUDENT SCHEDULE

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.

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

5:30 wake up bell

6:00 zazen (with interval bell)

7:00 morning service

7:25 soji

7:45 breakfast

8:45 morning work circle

12:15 lunch

1:15 afternoon work circle

4:15 end of work / silent bath time

5:50 evening service

6:00 dinner

8:00 zazen

8:40 refuges