

TASSAJARA ZEN MOUNTAIN CENTER

TRAINING PERIOD SCHEDULE

	4:20	Rise		
<i>3 ROUNDS</i>	4:40	Zazen - HAN		
	5:20	Morning Service -- Choka		
	6:00	Breakfast		
<i>1 ROUND</i>	7:10	Outside Work - DRUM 00		
<i>1 ROUND</i>	10:15	Clean Up - HAN		
	10:35	Zazen		
	11:15	Mid-day Service		
	11:30	Lunch		
		followed by rest time		
	<u>1:30</u>	<u>Lecture</u>	<u>OR</u>	<u>1:30 Swim or personal time</u>
	2:15	Swim or personal time		2:00 Work
<i>1 ROUND</i>	<u>2:45</u>	<u>Work - DRUM 00</u>		
<i>1 ROUND</i>	4:15	Bath -- free time - DRUM 7:00 0		
	5:30	Evening Service -- Banka		
	5:45	Supper		
		followed by Study or Free Time		
	7:30	Zazen (7:30 - 9:15)		
	9:30	Bed		
	10:00	→ Inspection		
	11:00	Fire Inspection		

W. H. ...