

TASSAJARA ZEN MOUNTAIN CENTER ZENSHINJI

SCHEDULE FIRST TRAINING PERIOD SUMMER '67

3 ROUNDS	4:00 a.m.	Rise	
	4:15		HAN
	4:30	Zazen	
	5:15	Morning Service -- Choka	
	6:15	Breakfast	
		followed by room cleaning	
3 ROUNDS	7:25	Outside Work	7:00 O O O O O O O O O O = END
	7:30		
1 ROUND	10:30	Clean Up	HAN
	10:50	Zazen	
	11:30	Mid-day Service	
	11:45	Lunch	
		followed by rest time	
	2:00 p.m.	Study or Lecture	
1 ROUND	3:25	Outside and Inside Work	SAME DRUM
	3:30		
"	5:00	Bath -- Free Time	DRUM O O O O O O O O O O
	6:00	Evening Service -- Banka	
	6:30	Supper	
	8:00	Zazen (8:00-9:45)	
	10:00	Bed	
	10:30	Inspection	
	11:30	Fire Inspection	