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THE ZEN STUDIES SOCIETY, INC.

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ZAZEN SCHEDULE

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|-----------|---|
| Sunday | 11:00 A.M. Zazen, 12:00 noon Teisho (Lecture) |
| Monday | 8:00 P.M. Zazen, 8:30-9:30 Dokusan (personal interview with the Roshi) 9:30-10:00 Zazen |
| Tuesday | Rest |
| Wednesday | Rest |
| Thursday | 8:00 P.M. Zazen, 9:00 Talk by the Roshi "Buddhism in everyday life" |
| Friday | Same as Monday |
| Saturday | Same as Monday |

Once a month we will have a full day Zazen. It will be the nearest Sunday to the full-moon day, and on that day the seat reservation is necessary. The first full day Zazen will be on Sept. 12th, after that, Oct. 10th, Nov. 7th, Dec. 12th. The day will be divided into three sections, morning(9:00-12:00), afternoon(2:00-5:30), evening(7:30-10:00) You may sit full day, but also you may chose one of the sections. Please drop us a card about a week ahead and reserve your seat. Of course, there will be Dokusan, and lectures.

For those who have never done Zazen before are suggested to be in the Zendo on Thursday at 7:00 P.M.