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THE ZEN STUDIES SOCIETY, INC.

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ZAZEN SCHEDULE

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.