

About Tassajara

In 1967 Tassajara or Zenshinji (Zen Heart-Mind Temple) was established as the first Zen training monastery outside of Japan, and offers monastic training periods during the fall and winter months. In the summer, our focus shifts from the inward activity of meditation and silence to include the work of serving the community and sharing the experience of Zen practice and the joys of Tassajara with our guests and visitors.

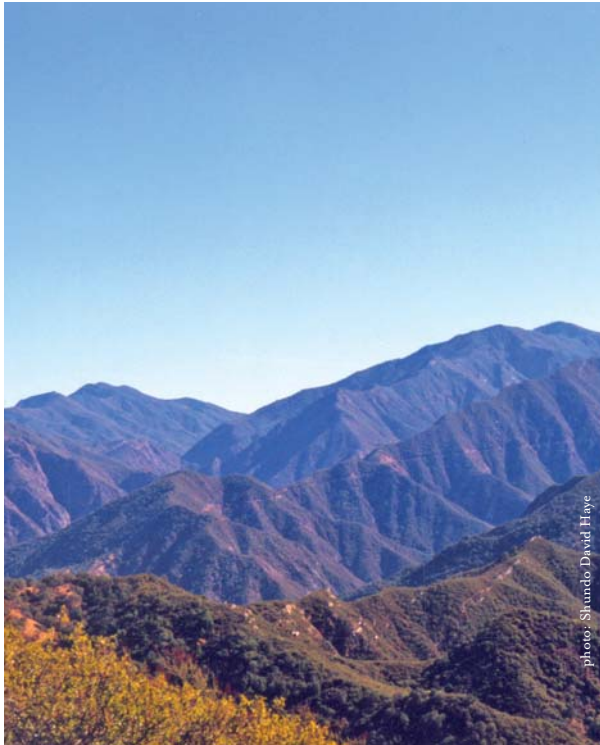


photo: Shundo David Haye

Life at the Monastery

The Summer Work Practice Program provides a wonderful opportunity for living and working within a community where the basis of our life together is zazen (Zen meditation). Our work during the summer focuses on taking care of our summer guests and the maintenance of the monastery.

The work crews include the kitchen, dining room, cabin crew, maintenance, office, garden, and bathhouse. Please let us know of any relevant work skills and any physical restrictions that might limit your ability to work. While it is helpful to hear your preferences about work, please be flexible in adapting to the community's needs.



SAN FRANCISCO ZEN CENTER

*When you become just yourself,
you have real enlightenment.*

— Shunryu Suzuki Roshi

About San Francisco Zen Center

San Francisco Zen Center is one of the largest Buddhist communities outside Asia. It has three practice places: City Center, in the vibrant heart of San Francisco; Green Gulch Farm, whose organic fields meet the ocean in Marin County; and Tassajara Zen Mountain Center—the first Zen training monastery in the West—in the Ventana Wilderness inland from Big Sur. These three complimentary practice centers offer daily meditation, retreats and practice periods, classes, lectures, workshops and community events.

Zen Center is a practice place for a diverse population of students, visitors, lay people, priests and monks guided by teachers who follow in Suzuki Roshi's style of warm hand to warm hand.

In the spirit of fully and wholeheartedly entering Zen training, please familiarize yourself with the Residential Guidelines for the practice place you wish to attend.



photo: Shundo David Haye

Tassajara
ZEN MOUNTAIN CENTER

Work Practice Apprenticeships



photo: Alison Bank

Live and practice
residentially in a Zen
community.

What is Work Practice?

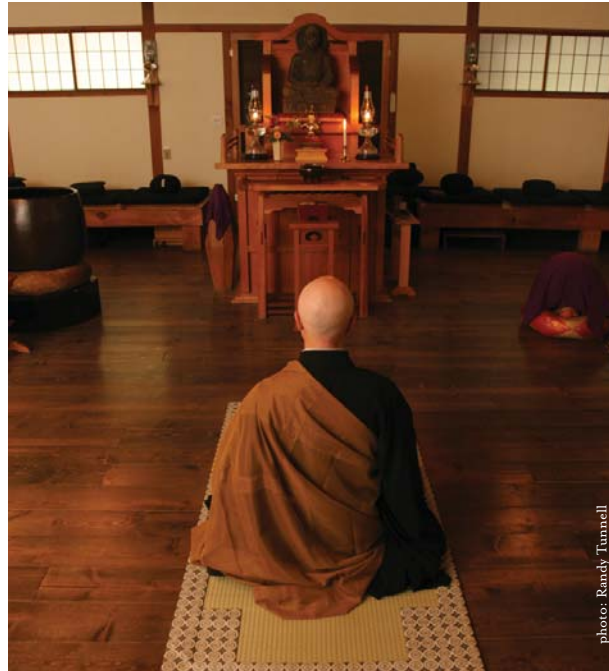
Work Practice offers the opportunity to discover the essential oneness of zazen (meditation) and work. As expressed by Dogen Zenji, “The mind of the way is actualized by rolling up one’s sleeves.” The dynamic stillness within the activity of work flows directly out of the dynamic activity within the stillness of zazen. Thus, our entire life expresses our wholeness.



Zen practice is to meet whatever arises with total energy and a calm, open mind, allowing everything to be just as it is, regardless of whether we like or agree with it. Plunging whole-heartedly into the monastic schedule, we discover freedom from the limitations of our expectations and old habits, and our minds become fresh and vital. Suzuki Roshi said, “When we have no thought of achievement, no thought of self, we are true beginners. Then we can really learn something.” We invite you to explore the joys and challenges of work practice with us.



Apprenticeship Programs at Tassajara Zen Mountain Center



Zazen (Sitting Meditation)

Zazen is the very core of our practice. In the Soto Zen tradition zazen, formal service, and ceremonies are the bodily enactment of our vow to awaken for the benefit of all beings. The daily schedule and all of our activities are designed to support everyone in our community to awaken.

Schedule Requirements

The foundation of our practice is, “Follow the schedule completely.” This means:

- attend morning and evening zazen meditation and services;
- participate fully in the work practice schedule; and
- attend talks and ceremonies, small groups and community meetings.

Meals

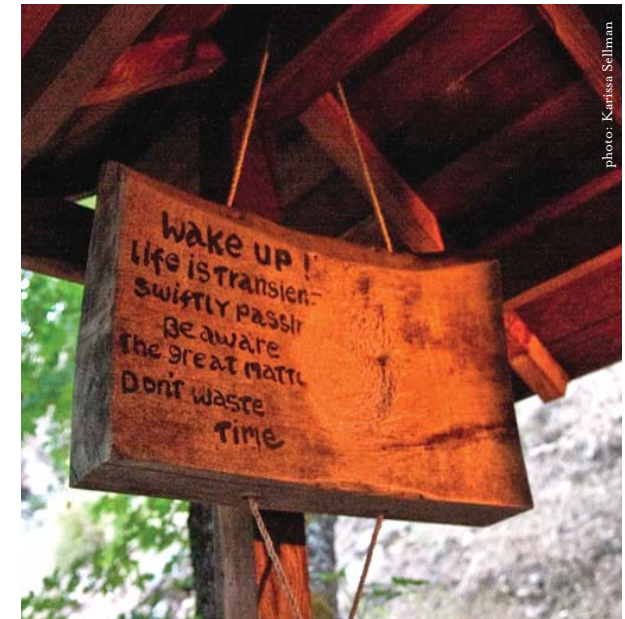
Shunryu Suzuki Roshi, the founder of San Francisco Zen Center, supported creative expression in all aspects of life, including the development of the cooking style of the Tassajara kitchen. Today the kitchen continues to produce delicious vegetarian food, incorporating healthy approaches to cooking, with seasonality and a farm-to-table style that emphasizes the integrity of the ingredients and the nourishment that comes from sincere and joyful cooking.

Earning Practice Periods

In the Work Practice Apprenticeship Program, you participate as a resident practitioner in the Summer Work Practice Program for three to five consecutive months during the summer guest season (April 30 through September 13). Students may arrive as early as April 6 and stay as late as September 26.

Students who participate for at least three consecutive months of guest season are eligible to earn one practice period scholarship to be used at one of SFZC’s three locations (Tassajara, City Center and Green Gulch Farm). Students participating for five consecutive months of the guest season are eligible to earn two practice period scholarships.

Work Practice Apprentices may receive a scholarship of \$25 per month for the purchase of personal necessities.



To apply please download an application at

www.sfzc.org/tassajara

For more information call Tassajara 831.659.2229 or email tassajara@sfzc.org

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