

## **Winter Interim at Dai Bosatsu Zendo: What to Expect**

Between the second week of December and the middle of March, Dai Bosatsu Zendo experiences its quietest time of year. This is a great opportunity for serious Zen students who would like a taste of residential practice. We accept students interested in joining our practice community for a minimum of two weeks.

Each day consists of a simple daily routine: 5:30 wakeup, an hour of zazen, formal breakfast, morning meeting followed by a work period. Before our silent, formal lunch we sit for ½ hour. After a 1 ½ hour break we have afternoon work period, followed by an hour of body movement. Dinner time is up to you, most people eat before evening services, food is provided. Zazen is from 6:00 to 7:30 p.m.

Typical work includes monastery cleaning, cooking, sewing, laundry, snow shoveling, construction projects and whatever else needs doing. We ask that you carry out all aspects of practice quietly and thoroughly for at least five-and-a-half days each week. Rest period is Sunday after lunch through Monday evening.

Students have a simple room that may or may not be private. It is unlikely that Shinge Roshi will be at DBZ during winter interim.

Contact with the outside world is limited. Bring a calling card for your use. There is no wireless computer or phone reception.

There is a generous helping of cold and dark on the mountain at this time of year – both indoors and outdoors. If you are subject to any kind of seasonal depression, this may not be the best time of year to consider a period of residency at DBZ.

To inquire about winter interim, please contact us at [office@daibosatsu.org](mailto:office@daibosatsu.org) or call the office at 845-439-4566. There is no fee for Interim Residency.

## **Summer Interim at Dai Bosatsu Zendo: What to Expect**

From July to the end of August we host guest groups who rent our facilities to conduct their retreats. Summer interim is a wonderful opportunity for serious Zen students interested in residential Zen practice. We accept students interested in joining our practice community for a minimum of two weeks.

The summer interim schedule puts a greater emphasis on work practice as we care for our guests. Each day begins at 5:30 a.m. with an hour of zazen followed by a silent, formal breakfast and a work period. We sit for ½ hour before the formal lunch. After a break we have another work period. Dinner time is up to you, (food is provided) unless we are hosting a group, then we eat with them. We sit in the evening in accord with the guest group's schedule. Occasionally caring for guests takes precedence over sitting.

When hosting guests, the demands of our work constantly change. Typical work includes cleaning the monastery and guest house for guest arrival and after departure, cooking, laundry, gardening and whatever else needs doing. When we host groups we occasionally work extra hours in a day. At times work will spill over into breaks. We ask that you work diligently and thoroughly for at least five-and-a-half days of each week. Rest period is typically from Sunday after the group leaves through Monday evening.

Students have a simple room that may or may not be private. It is unlikely that Shinge Roshi will be at DBZ during your visit.

Contact with the outside world is limited. Bring a calling card for your use. There is no wireless computer or phone reception.

To inquire about summer interim, please contact us at [office@daibosatsu.org](mailto:office@daibosatsu.org) or call the office at 845-439-4566. There is no fee for Interim Residency.