

Residential Training

Those interested in deepening their spiritual practice while serving a Buddhist community can apply for one or more months of residential training. The container of the monastery is designed to create opportunities to touch the unborn, universal mind, and to explore our own unique life. This container is created through regular meditation, services, communal meals, work practice, and residential teachers.

Those in training follow the daily schedule, which includes 3-4 hours of zazen, and 5-6 hours of work practice. Residents attend or staff all events, including weekend retreats, classes on Buddhist topics, and monthly sesshin (6-10 day meditation retreats). Close contact with the teachers allows residents to learn new ways of relating to others, to ask about specific teachings, and to receive guidance on their spiritual path.

The fee for residential training is \$500 per month. After the first month it is possible to speak to the Director of Training about reduced fees.

It is highly recommended that those with an interest in residential training first attend a Beginner's Mind retreat, and/or visit us for a few days.

Daily Schedule*

3:50am	rise
4:30	zazen
6:20	service
6:50	monastery cleaning
7:30	breakfast
9:00	work period
12:00	service
12:15pm	lunch
1:00	rest
2:00	work period
5:20	service
5:30	dinner
7:30	zazen
9:20	closing chant
10:00	lights out

*schedule varies slightly some days

Great Vow Zen Monastery

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Great Vow Zen Monastery

General Information

Steeped in silence and full of activity, containers for hours of concentrated meditation and hard work, monasteries allow us to awaken to the full scope and beauty of our lives.

-Chozen Bays, Co-Abbott

Ongoing Practice

Zen monastic life is based upon simplicity, silence, and wholehearted effort. This is embodied by our schedule of zazen and work practice. Beginning and ending each day with zazen helps put all our activity in perspective, and offers an opportunity to cultivate a calm mind and compassionate heart.

One or two meals a day are eaten in silent oriyoki style. This meditation on food allows us to practice with the mind of desire and aversion, and learn to take just enough.

Morning work periods are done in semi-silence, where the only talking is about the task at hand. The emphasis is on returning the attention to the body, and learning to let go of thoughts. This active meditation is an extension of our practice in the meditation hall, and reminds us of the power of silence.

Visiting the monastery

Overnight guests stay in the Guest Hall, follow the daily schedule, and share meals with the community. Our suggested donation is \$35 per-night (those who can't afford this are encouraged to pay what they can).

Private retreat guests stay in a private room, follow their own schedule, and may have meals alone or with the community. Private retreats cost \$55 per night.

Arrangements for overnight stays or private retreats can be made through the monastery office.

Sunday Program

The Sunday program begins at 10am with a chanting service. Following service are two 25 minute periods of zazen, each followed by 10 minutes of walking meditation.

After the second period of walking meditation a Dharma Talk is given by one of the teachers or a senior student.

Beginners are offered an Introduction to Meditation class after the chanting service. This class covers the basics of meditation, including posture, meditation techniques, overcoming obstacles, and practicing at home.

Children may participate in Dharma School, which begins after the chanting service. Activities include songs, a short meditation period, and games.

After the Dharma talk everyone comes together for a delicious vegetarian lunch.

The Sunday Program is open and free to the public. At the beginning of lunch donations are requested to support the monastery.



Events at the monastery

The monastery provides tools, honed over the centuries, to clear the heart and mind and illuminate our life path. These tools are made available through sesshin (6-10 day meditation retreats) and a variety of shorter retreats and workshops. For a complete list of upcoming events please visit our website.

Our Teachers

Jan Chozen Bays, Roshi was ordained as a Zen priest in 1977 and received Dharma transmission from Maezumi Roshi in 1983.

Hogen Bays, Zen Teacher began practicing in 1968 with Roshi Philip Kapleau, and was ordained as a Zen priest by Maezumi Roshi in 1990.

Chozen and Hogen Bays are the co-abbots of Great Vow Zen Monastery, and both continue their training with Shodo Harada Roshi.

