



Zen Center of Syracuse Hoen-ji

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Opportunities for Engagement Student Training Program: Level 1, Exploration

The Zen Center’s three-level Student Training Program is designed to help you deepen your practice and develop your understanding of Zen training and its application to the challenges of our personal lives, our community, and the complex issues of our times.

The program will run for two months in the spring and fall each year. Each level has a different set of requirements, duration, and applications to meet you where you are in your practice. The three levels are: “Exploration,” “Commitment,” and “Resolve.” The levels all end at the same time; the start date is staggered.

Level One, Exploration, is a one-month program for relatively new students. The emphasis is on following basic principles of zazen, learning forms and terminology, establishing a regular practice, volunteering at the Zen Center, and working with a mentor who is a senior student at the Zen Center.

2019 Student Training Program Meeting and Dokusan Schedule

Sunday Morning Dokusan	Tuesday Morning Dokusan	Tuesday Evening Meeting	Thursday Evening Dokusan	
		October 1		
	October 8		October 10	
October 13		October 15		
Fall Sesshin Oct 17-20				
	October 22		October 24	
		October 29		
November 10	November 12	November 12	November 14	
		November 19		

- ☑ Level 3 begins on Tuesday, October 1 immediately following 6-7 p.m. sitting.
- ☑ Level 2 begins on Tuesday, October 15 immediately following 6-7 p.m. sitting.
- ☑ Level 1 begins on Tuesday, October 29 immediately following 6-7 p.m. sitting.
- ☑ All levels end together on Tuesday, November 19 immediately following 6-7 p.m. sitting

