

Non-Residential Training Period (NRTP)

2014

| | T4 | T3 | T2 | T1 | | |
|---------------|-----------------------------|--------------------------------|-----------------------------|-----------|--|--|
| Journal | Maintain Daily Journal | | | | | |
| Report | Chart and paragraph Mondays | | | | | |
| Intensives | Monthly One-Day(3) | | Not Required | | | |
| Chanting | 1hr/wk | | 15min/wk | | | |
| Zen Talks | All Talks live or podcast | | Short Talks live or podcast | | | |
| NRTP Check In | 1/wk (10-15mins) | Once every 2 weeks (10-15mins) | | | | |
| Study | Core Text +1 Selection | Core Text | | | | |
| Sitting Zen | 5hrs/wk | 3hrs/wk | | 1.5hrs/wk | | |
| Body Practice | 3hrs/wk | 2hrs/wk | | 1hr/wk | | |
| Care-Taking | 5hrs/wk + 1hr/mo at ZC | 3hrs/wk+1hr/mo at ZC | 2hrs/wk | 1hr/wk | | |