

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