

## Winter 2021 Compassionate Ocean Zen Center Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Email: \_\_\_\_\_

Telephone Numbers: Home (\_\_\_\_) \_\_\_\_\_ Cell (\_\_\_\_) \_\_\_\_\_

**To register, please check the appropriate activities.**

***All programming will be conducted online via the video-conferencing platform Zoom.***

**Total Dynamic Living—Introductory Program in Mindfulness  
(\$350)(\$25 deposit to register)**

☐ Tuesday evenings, Jan. 26—Mar. 16, 6:30—9:00 P.M. (#606)

**Total Dynamic Living: One—Day Retreat (by donation for program alumni)**

☐ Saturday, Mar. 13, 9:00 A.M.—3:00 P.M.

**Buddhist Studies Class**

**(\$185, members \$165)(\$25 deposit to register)**

Let the Flower of Your Life Force Bloom

Wednesday evenings, Jan. 20—Mar. 10, 7:00 P.M.—9:00 P.M. (eight sessions) (#B96)

***Enrollment for these activities is limited, and early registration is encouraged.***

To register, send this form along with the nonrefundable deposit listed (payable to Compassionate Ocean) to:

Compassionate Ocean Zen Center  
652 17th Ave. NE  
Minneapolis, MN 55413

Or register online on our website, [www.OceanDharma.org](http://www.OceanDharma.org).

Please call or email if you have questions: (612) 781-7640 or [admin@OceanDharma.org](mailto:admin@OceanDharma.org).