

# Compassionate Ocean Zen Center

www.OceanDharma.org • admin@OceanDharma.org • 612-781-7640

## Course Offerings—Winter 2020

***Total Dynamic Living***—An Eight-Week Program in Mindfulness  
and Mindfulness-Based Stress Reduction  
(MBSR)

### Evening classes:

**#602** **Minneapolis: Tuesdays, 6:30-9:00 P.M. – Jan. 21 – March 10**

*Location:* **Compassionate Ocean Dharma Center**  
(652 17<sup>th</sup> Ave. NE, Minneapolis—in the Northeast Arts District)

*Instructor:* **Joan O’Neal**

**#283** **St. Paul: Thursdays, 6:30-9:00 P.M. – Jan. 23 – March 12**

*Location:* **Clouds in Water Zen Center**  
(445 Farrington St., St. Paul—near University Ave. and Western Ave.)

*Instructor:* **Amy Knox & Lisa Bosick**

—27 CEUs are available for nurses, social workers, educators, and psychologists.—

**Note:** All classes include a one-day retreat in Minneapolis from 9:00 A.M.-3:00 P.M.  
on **Saturday, March 7**. Please mark your calendar.

(See reverse side for registration form and other information.)

**The fee for the eight-week course is \$330** (\$295 tuition plus \$35 materials fee).

The course includes an individual interview, eight classes, an in-town Saturday retreat, a book, four mp3s, and handouts.

**Enrollment is limited.** If you are interested in taking a *Total Dynamic Living* course, register as soon as possible to reserve your place and to allow enough time to schedule a pre-interview. Registration and payment can be made by mail, or online at [www.OceanDharma.org](http://www.OceanDharma.org).

### Payment policy

- A \$25 deposit is due by the time of the pre-interview. Please mail with your registration form, or register and pay online. This deposit is non-refundable.
- The remainder of the course fee—\$305—is due at the beginning of the first class. If a payment plan is needed, please discuss in advance with the instructor. A reduced fee is available to couples and family members taking the course together.
- Withdrawals from the course after the first class will receive a refund of 75% of the course fee (excluding the materials fee); after the second class, 50%; after the third class, 25%. No refunds will be made after the fourth class.
- Participants who already have the book *Full Catastrophe Living* may deduct \$15 from the materials fee.

### Other activities of the Compassionate Ocean Dharma Center

Additional programs take place for graduates of the *Total Dynamic Living* program who would like to continue their practice of mindfulness. These programs include follow-up courses to *Total Dynamic Living* as well as continuing groups exploring mindfulness in the Buddhist tradition, with special attention to the teaching of Thich Nhat Hanh, one of the foremost practitioners of mindfulness in the world today. Please call for further information.

#### Registration Form—*Total Dynamic Living* Program in Mindfulness

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Zip \_\_\_\_\_

Phone (H) (\_\_\_\_\_) \_\_\_\_\_

(W) (\_\_\_\_\_) \_\_\_\_\_

(C) (\_\_\_\_\_) \_\_\_\_\_

Email \_\_\_\_\_

Class # (see reverse side) \_\_\_\_\_

- Enclose a \$25 non-refundable deposit with this registration to reserve your place.
- Make check payable to **Compassionate Ocean** and mail to:

*Compassionate Ocean Zen Center*

652 17<sup>th</sup> Ave. NE  
Minneapolis, MN 55413

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