

Fall 2020 Compassionate Ocean Zen Center Registration Form

Name: _____
Address: _____
Email: _____
Telephone Numbers: Home (____) _____ Cell (____) _____

To register, please check the appropriate activities.

Unless otherwise indicated all events will take place at Compassionate Ocean Zen Center, 652 17th Avenue NE, Minneapolis, MN 55413.

Total Dynamic Living—Introductory Program in Mindfulness

(\$25 deposit)

- ☐ Minneapolis, Tuesday evenings, Jan. 21 – March 10, 6:30—9:00 P.M. (#602)
- ☐ St. Paul, Thursday evenings, Jan. 23 – March 12, 6:30—9:00 P.M. (#283)

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

- ☐ Saturday, March 7, 9:00 A.M.—3:00 P.M.

Buddhist Studies Class (\$25 deposit)

- ☐ Mindful Speech & Deep Listening

Wednesday evenings, Jan. 22 – March 11, 7:00 P.M.—9:00 P.M. (eight sessions) (#B92)

Weekend Sesshins at Compassionate Ocean

(\$50, members \$45)

- ☐ Friday - Sunday, Jan 10-12
- ☐ Friday – Sunday, March 15-17

For a Future to Be Possible (There are no fees, but sign up in advance by emailing the Center at admin@OceanDharma.org)

- ☐ Friday, Jan. 24
- ☐ Friday, Feb. 28
- ☐ Friday, March 27

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.

Please call or email if you have questions; (612) 781-7640 or admin@OceanDharma.org.