

Compassionate Ocean Zen Center

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

Course Offerings—Winter 2021

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

Evening class:

#606 **Minneapolis:** Tuesdays, 6:30-9:00 P.M.—Jan. 19-Mar. 9

Class will be conducted online via the video-conferencing platform, Zoom.

Instructor: Michael O'Neal

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

Note: All classes include a one-day retreat from 9:00 A.M.-3:00 P.M.
on **Saturday, March 6.** (Also done by Zoom). Please mark your calendar.

(See next page for registration form and other information.)

The fee for the eight-week course is \$350. The course includes an individual interview, eight classes, a Saturday retreat (all currently done by Zoom), course text, 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.

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—\$325—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 Zen 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 previous page) _____

- 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 17th Ave. NE
Minneapolis, MN 55413

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