

# ***Compassionate Ocean Zen Center***

## **Spring 2021 Class Registration**

### **Mail-in Form**

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

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

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

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

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

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

- ☐ Mindfulness-Based Stress Reduction (MBSR) class (Course #606)  
(\$350 total/\$25 deposit to register)
  - Tuesday evenings, April 6–May 25, 6:30–9:00 P.M. (eight sessions)
- ☐ MBSR One-Day Retreat (included in fee above/by donation for program alumni)
  - Saturday, May 22, 9:00 A.M.—3:00 P.M.
- ☐ Buddhist Studies Class “The Spiritual Mirror” (Course #B97)  
(\$185 total/\$165 for members/\$25 deposit to register)
  - Wednesday evenings, March 31–May 19, 7:00 P.M.—9:00 P.M. (eight sessions)

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

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

Compassionate Ocean Zen Center  
681 17th Avenue NE, Suite 210  
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).