

## Early Fall 2019 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 17<sup>th</sup> Avenue NE, Minneapolis, MN 55413.*

### **Total Dynamic Living—Introductory Program in Mindfulness**

(\$25 deposit; \$295 + \$35 materials fee)

- └ Minneapolis, Tuesday evenings, Sept. 24 – Nov. 12, 6:30—9:00 P.M. (#601)
- └ St. Paul, Thursday evenings, Sept. 26 – Nov. 14, 6:30—9:00 P.M. (#282) – \*Clouds in Water Zen Center (445 Farrington St., St Paul, MN 55103)

### **Total Dynamic Living: One–Day Retreat**

(by donation for program alumni)

- └ Saturday, Nov. 9, 9:00 A.M.—3:00 P.M.

### **Buddhist Studies Class (#B91)**

\$185 (members \$165) (includes course text)

- └ The Bodhisattva Path: The Six Paramitas  
Wednesday evenings, Sept. 25 – Nov. 13, 7:00 P.M.—9:00 P.M. (eight sessions)

### **Weekend Sesshin**

(\$50, members \$45)

- └ Friday, Oct. 4, 7:00 P.M. – Sunday, Oct. 6, 11:15 A.M.
- └ Friday, Nov. 1, 7:00 P.M. —Sunday, Nov. 3, 11:15 A.M.

### **For a Future to Be Possible**

(There are no fees, but sign up in advance by emailing the Center at [admin@OceanDharma.org](mailto:admin@OceanDharma.org))

- └ Friday, Sept. 27, 6:00 P.M. Potluck, 7:00 P.M. Presentation and Discussion

***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).