

Winter 2021 Compassionate Ocean Zen Center Registration Form

Name: _____

Address: _____

Email: _____

Telephone Numbers: Home (_____) _____ Cell (_____) _____

To register, please check the appropriate activities.

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

**Total Dynamic Living—Introductory Program in Mindfulness
(\$350)(\$25 deposit to register)**

- Tuesday evenings, Jan. 19—Mar. 9, 6:30—9:00 P.M. (#606)

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

- Saturday, Mar. 6, 9:00 A.M.—3:00 P.M.

Buddhist Studies Class

(\$185, members \$165)(\$25 deposit to register)

- Zen and the Energy of Life
Wednesday evenings, Jan. 20—Mar. 10, 7:00 P.M.—9:00 P.M. (eight sessions) (#B96)

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.