

## Spring 2018 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, March 27—May 15, 6:30—9:00 P.M. (#195)
- St. Paul, Thursday evenings, March 29—May 17, 6:30—9:00 P.M. (#276)

### **Buddhist Studies Class**

\$185 (members \$165)

(includes course texts)

- Who Am I?  
Wednesday evenings, March 28—May 16, 7:00 P.M.—9:00 P.M. (#B85)

### **Introduction to Zen Practice Mini-Course**

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

- Mondays, April 2 and 9, 7:00 P.M.—8:30 P.M.

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

(by donation for program alumni)

- Saturday, May 12, 9:00 A.M.—3:00 P.M.

### **Day of Zen Practice**

(\$40, members \$35)

- Saturday, April 4, 9:00 A.M.—4:30 P.M.

## **Weekend Sesshin at Ryumonji Monastery**

(\$175, members \$150)

- Friday, May 18, 7:00 P.M.—Sunday, May 20, 1:00 P.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, March 23, 6:00 P.M. Potluck, 7:00 P.M. Presentation and Discussion
- Friday, April 27, 6:00 P.M. Potluck, 7:00 P.M. Presentation and Discussion
- Friday, May 25, 6:00 P.M. Potluck, 7:00 P.M. Presentation and Discussion
- Friday, June 22, 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).