

Summer 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 17th Avenue NE, Minneapolis, MN 55413.

Total Dynamic Living—Introductory Program in Mindfulness

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

- Minneapolis, Tuesday evenings, June 5—July 24, 6:30—9:00 P.M. (#196)
- St. Paul, Thursday evenings, June 7—July 26, 6:30—9:00 P.M. (#277)

Buddhist Studies Class

\$130 (members \$115)

(materials included)

- Mindful Speech and Deep Listening
Wednesday evenings, June 6—July 25, 7:00 P.M.—8:45 P.M. (#B86)(no class July 4)

Introduction to Zen Practice Mini-Course

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

- Mondays, June 11 and 18, 7:00 P.M.—8:30 P.M.

Total Dynamic Living: One-Day Retreat

(by donation for program alumni)

- Saturday, July 14, 9:00 A.M.—3:00 P.M.

Day of Zen Practice

(\$40, members \$35)

- Saturday, June 23, 7:00 A.M.—4:30 P.M.
- Saturday, July 21, 7:00 A.M.—4:30 P.M.

Weekend Sesshin at Ryumonji Monastery

(\$175, members \$150)

- Friday, June 16, 7:00 P.M.—Sunday, June 18, 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)

- Friday, June 22, 6:00 P.M. Potluck, 7:00 P.M. Presentation and Discussion
- Friday, July 13, 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.

Please call or email if you have questions; (612) 781-7640 or admin@OceanDharma.org.