

Compassionate Ocean Zen Center

Summer 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 #607)
(\$350* total/\$25 deposit to register)
 - Tuesday evenings, June 8–July 27, 6:30–9:00 P.M. (eight sessions)

- MBSR One-Day Retreat Only (for TDL program alumni, by donation)
 - Saturday, July 24, 9:00 A.M.—3:00 P.M.

- Buddhist Studies Class “What Is Buddha?” (Course #B98)
(\$185 total*/\$165 for members*/\$25 deposit to register)
 - Wednesday evenings, June 9–July 28, 7:00 P.M.—9:00 P.M. (eight sessions)

** Includes materials fee. Deduct \$15 if you already have a copy of the course text.*

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
652 17th Avenue 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.