

Spring 2020 Compassionate Zen Center Registration Form

Name: _____

Address: _____

Email: _____

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

To register, please check the appropriate activities.

Please note that all in-person programming is taking place via Zoom.

Total Dynamic Living—Introductory Program in Mindfulness (\$25 deposit) -

Tuesday evenings, April 7 – May 26, 6:30 – 9:00 P.M. (#603)

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

Saturday, May 16, 9:00 A.M. – 3:00 P.M.

Buddhist Studies Class (\$25 deposit)

Everybody Has a Light – Zen and the Energy of Life

Wednesday evenings, April 8 – May 27, 7:00 – 9:00 P.M. (eight sessions) (#B93)

Introduction to Zen Practice Mini-Course (no fee; pre-registration required)

Mondays, April 6 & 13, 7:00-9:00 P.M.

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

Friday, April 24

Friday, May 22

Enrollment for these activities is limited, and early registration is encouraged.

To register, send this form along with the non-refundable 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