

Change Your Mind Day

A day of Buddhist meditation and more

Saturday, April 19 2008

10 a.m. to 4 p.m.

Philippe Park Shelter #1, Safety Harbor

Free and open to all

CYMD began in New York's Central Park in 1993 and is now celebrated in over 30 cities. This is the fifth year that the event will be held in the Tampa Bay area.

Teachings will be offered by local Buddhist groups from a variety of traditions (Mahayana, Theravada, Tibetan and Zen). As in the time of the Buddha, teachings will be presented out-of-doors in a relaxed, informal environment.

- meditation - chanting - talks - movement - music - books -
- children's activities - potluck vegetarian lunch -

Philippe Park is on Philippe Parkway, about 1.3 miles South of State Road 580 in Safety Harbor, in northern Pinellas County.

From Tampa: take Hillsborough Ave West; turn Left on SR 580, in Oldsmar. From Clearwater or St Pete: head East on SR 580 from US19 or McMullen-Booth. Shelter #1 is the first by the bay.

Arrive and leave at anytime.

No experience necessary. No charge or obligation.

The Buddha taught that each person must discover the truth of his teachings for themselves. Come and see.

Sponsored by the Tampa Bay Chapter of Buddhist Peace Fellowship.

www.bpf-tampabay.org

727-455-1056 // 813-850-8168 // cymd@bpf-tampabay.org

With our thoughts we make the world — *the Buddha*

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