



Change Your Mind Day



A day of Buddhist meditation and more

Saturday, April 28 2007

11 a.m. to 5 p.m.

Fort De Soto Park, shelter #7, south Pinellas County

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 fourth year that the event will be held in the Tampa Bay area.

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

guided meditations - chanting - talks - movement - music - books - children's activities

Fort De Soto Park is located by the Gulf of Mexico at the southernmost end of Pinellas County.

Take I-275 to Exit 17 (Pinellas Bayway / SR 682/ 54th Ave S);

head West about 3 miles to the traffic light where the Bayway branches South toward Tierra Verde; continue South 7 miles on the Pinellas Bayway through Tierra Verde and into the park; turn right at the stop sign onto Anderson Blvd; drive about 3 miles to Shelter #7, on the left..

Arrive and leave at anytime (the beach is nearby). If you come early, consider bringing a vegetarian dish to contribute to a potluck picnic lunch (water and tea provided).

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 the Buddhist Peace Fellowship.

www.bpf-tampabay.org

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Internationally coordinated by Tricycle Magazine (www.tricycle.com)

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