

# 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*

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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.

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

Fort De Soto Park is located by the Gulf of Mexico at the southern end of Pinellas County. Head West from I-275 Exit 17, then South through Tierra Verde to the park. In the park, turn right at the stop sign onto Anderson Blvd, & drive about 3 miles to Shelter #7.

Arrive and leave at anytime (the beach is nearby).

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.

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Sponsored by the Tampa Bay Chapter of Buddhist Peace Fellowship.

**[www.bpf-tampabay.org](http://www.bpf-tampabay.org)**

727-392-7698 // 813-238-9713 // [cymd@bpf-tampabay.org](mailto:cymd@bpf-tampabay.org)

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

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