

P R E S S R E L E A S E

CHANGE YOUR MIND DAY 2006

Saturday, June 3rd, 2006 - 12:00pm-4:00pm
East Rock Park, New Haven, CT

An afternoon of meditation, inspirational talks, and practices from a variety of Buddhist traditions will take place across the globe on Saturday, June 3rd, 2006 from 12:00 pm to 4:00 pm at the 13th annual "Change Your Mind Day", presented by *Tricycle* magazine.

In New Haven, the event will take place in the College Woods section of East Rock Park along the Livingston Street side of the park, between Cold Spring Street and East Rock Road.

Several of the major traditions of Buddhism are represented in the New Haven area: Zen, Tibetan, Shambhala, and Vipassana (Insight). At the New Haven gathering, a teacher or lay speaker from each tradition will offer an introductory Buddhist teaching, and then lead a period of silent meditation, followed by walking meditation, chanting, or other practice from that tradition.

The afternoon is free of charge and open to the public. Participants are encouraged to bring a hat, water, and a small blanket and cushion or pillow for sitting meditation (and a bag lunch if desired).

For more information, questions, or to volunteer to assist with the event, please visit www.newhavenweb.com/cym, email cym@newhavenweb.com, or call (203) 624-1998.