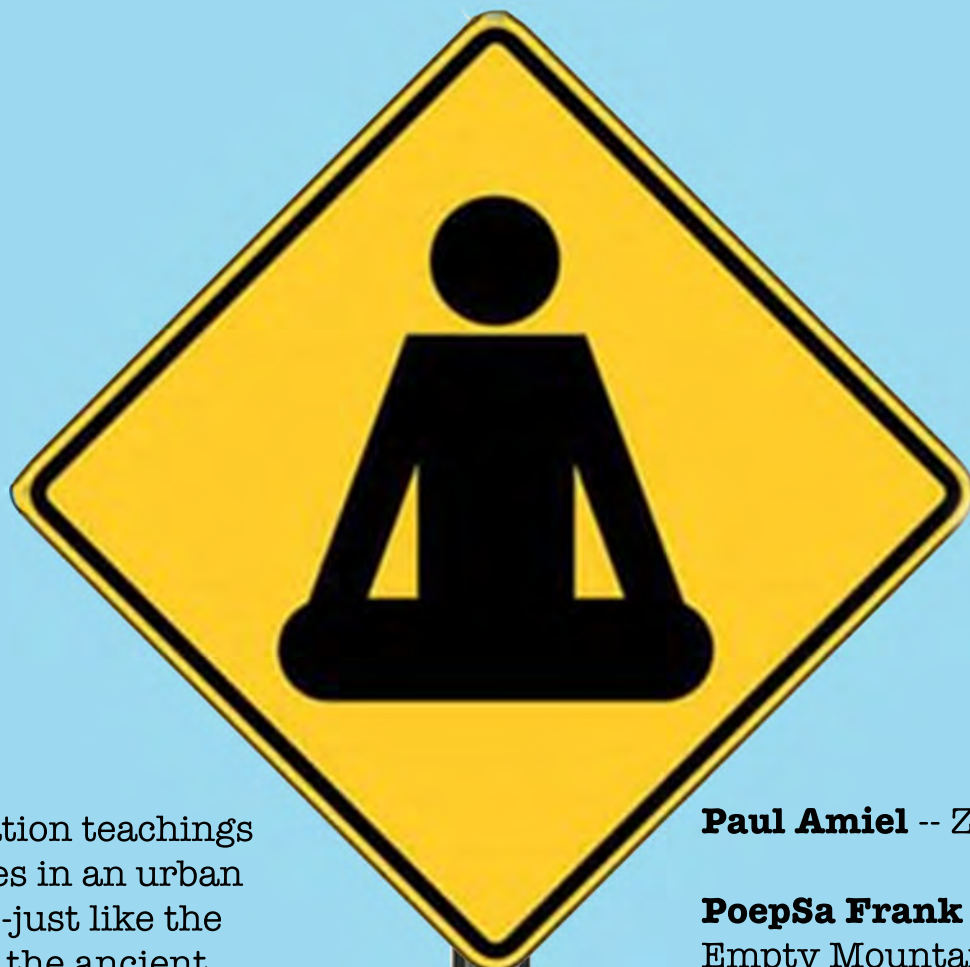


# CHANGE YOUR MIND DAY TUCSON



Free meditation teachings and practices in an urban public park--just like the buddha and the ancient yogis did 2600 years ago. Qi Gong, Zen flute music, and teachings from a variety of Buddhist traditions. All are welcome, no experience necessary. Bring a picnic lunch.

**April 11**  
**10am - 3pm**  
**Armory Park**

**Paul Amiel** -- Zen Shakuuchi

**PoepSa Frank Jude Boccio** --  
Empty Mountain Sangha

**René Miranda** -- Dharma  
Treasure

**Deanna Kaplan** -- AMRIG

**Sensei Alfred Kaszniak** --  
Upaya Sangha

**Lhasa Tizer** -- Insight Medita-  
tion Tucson

**Oliver Wilson** -- Qi Gong

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