

# *Awakening to Your True Nature*

## A Half-day Meditation Intensive with Elaine Huang

Saturday, April 8, 2017 9:00 AM - 1:00 PM  
Montana Movement Arts Center

The yearning to feel unified and whole is an underlying and often unconscious drive that many of us experience. This can lead to an external search for happiness that leaves us only hungry for the next pursuit.

What we crave is within us. Recognizing your divine essence while attaining your human life aspirations results in a far more lasting and genuine sense of fulfillment. We all have the innate capacity to recognize and remain aware of our spiritual or true nature.

There will be periods of meditation alternated with spiritually-based talks. There will be time for questions and answers, and a break for lunch. New and experienced meditators are welcome.

### **Class Cost: \$36.00.**

Prepayment by check is requested & can be sent to:  
Embodiment of Freedom, Inc., 1919 Fairway Dr., Ste. #101, Bozeman, MT 59715

**Please pre-register for the intensive by calling 406-582-8694  
or by emailing [elaine@mayyouawaken.com](mailto:elaine@mayyouawaken.com).**

You will receive a return call or email confirmation.  
You can visit [www.mayyouawaken.com](http://www.mayyouawaken.com) to view the class flyer or learn more about Elaine.

*Elaine is the owner and spiritual teacher for Embodiment of Freedom, Inc. (EOF). In her private practice here in Bozeman, she has assisted over 1,000 individuals in awakening and embodying greater personal and spiritual freedom for 17 years. Elaine also offers classes that enrich personal wellness through the strengthening of one's spiritual foundation. She has two Master's Degrees, in social work and clinical psychology. Elaine has been a meditation practitioner for 28 years.*

*For more information about Elaine, her other meditation classes and individual client services, please visit: [www.mayyouawaken.com](http://www.mayyouawaken.com).*

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