

MEDITATION: A PATH TOWARDS LASTING PEACE

A Half Day Meditation Retreat with Elaine Huang
OFFERED TWICE AT TWO LOCATIONS

For New Meditators:

Saturday, April 6, 2019
9:00 AM – 1:00 PM

BOZEMAN DHARMA CENTER
1019 East Main Street, Suite 202
Bozeman, MT 59715

For Experienced Meditators:

Saturday, April 20, 2019
9:00 AM – 1:00 PM

YOGAMOTION WELLNESS ACADEMY
521 East Peach Street
Bozeman, MT 59715

Meditation is spiritual training for our minds & hearts.
It enhances our best attributes
and amplifies our inner experience of joy & peace.

Periods of meditation will be interwoven with spiritual talks.
There will be time for questions and answers as well as a snack break.

HALF DAY RETREAT COST: \$40.00

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

PLEASE PRE-REGISTER FOR HALF DAY RETREATS
BY CALLING 406-582-8694 OR BY EMAILING MAYYOUAWAKEN@GMAIL.COM.
YOU WILL RECEIVE A RETURN CALL OR EMAIL CONFIRMATION.



Elaine is the spiritual teacher for Embodiment of Freedom. For 19 years, in her private practice in Bozeman, she has assisted over 1,150 individuals in awakening and embodying greater personal and spiritual freedom. She has taught meditation classes since 1992. Her half day retreats are intended to enhance personal wellness through the enrichment of one's meditation practice & spiritual awareness. Elaine has been a meditation practitioner for 30 years and holds two master's degrees, in social work and clinical psychology. For more information about Elaine, her meditation offerings and individual client services, please visit: www.mayyouawaken.com