

CHANGING YOUR HAPPINESS SETPOINT THROUGH MEDITATION

A Two Hour Webinar with Elaine Huang

Sunday, October 13, 2019

10:00 AM – 12:00 PM MST

Resetting your happiness baseline is achievable
through meditation and practice.

We can retrain our bodies and minds to experience
more joy & peace
and less worry & fear.

*Periods of meditation will be alternated with spiritually focused talks.
There will be time for questions and answers.*

WEBINAR COST: \$30.00

REGISTRATION AND PAYMENT NOW AVAILABLE ONLINE AT:
www.mayyouawaken.com

Prepayment is required to receive a Zoom link for the webinar.

The Zoom link will be sent out a week before the event.

Or pre-register by calling **406-582-8694** or
by emailing **mayyouawaken@gmail.com**.

Prepayment by check can be sent to:

Embodiment of Freedom, 1919 Fairway Dr., Ste. #101, Bozeman, MT 59715

Elaine is the spiritual teacher of Embodiment of Freedom. For 19 years, she has assisted over 1,190 individuals in awakening and embodying greater spiritual and personal freedom. Her half day retreats are intended to enhance personal wellness through the enrichment of one's meditation practice & spiritual awareness. To learn more about Elaine, her meditation classes or individual mentoring, please visit: www.mayyouawaken.com

