

THE POWER OF MEDITATION

Taught by: Elaine Huang, MSW, MA

The Power of Meditation

– for New Meditators

Offered twice:

9:00 AM to 1:00 PM

Saturday, April 2, 2016

Saturday, May 7, 2016

Montana Movement Arts Center

This Saturday morning workshop is designed for people who want to learn about meditation and the tremendous benefits of this simple but powerful practice. Breath-focused meditation instruction will be offered, along with three 15-20 minute sitting periods. The meditations will be alternated with three spiritually inspiring talks that highlight the empowering reasons why people meditate, and how the practice transforms us. Attendees will also experience and learn to recognize their center. There will be time at the end for questions and answers. No prior time with Elaine is required. Class cost: \$36.00.

Montana Movement Arts Center (MAC): 1871 S. 22nd Avenue, Ste 2
The Bozeman Dharma Center: 1019 E. Main Street, Suite 202

The Power of Meditation

– for Experienced Meditators

Offered twice:

9:00 AM – 12:00 PM

Saturday, April 9, 2016

Montana Movement Arts Center (MAC)

Saturday, May 21, 2016

The Bozeman Dharma Center

This Saturday morning meditation intensive includes periods of sitting that are interspersed with spiritually inspiring talks. This workshop is for meditators, whether they have consulted with Elaine or are meeting her for the first time. There will be four meditations alternated with three spiritual talks. The Power of Meditation - for Experienced Meditators will highlight and remind people of the important reasons why we meditate, and how meditation transforms both ourselves and our experience with life. There will be time set aside for experiencing and recognizing one's center (or true nature) along with a question answer segment at the end. Class cost: \$30.00.

**Please pre-register for classes. Call 406-582-8694 or email elaine@mayyouawaken.com.
You will receive a return call or email confirmation.**

Elaine is the owner and spiritual teacher for Embodiment of Freedom, Inc. (EOF). In her private practice here in Bozeman, she has assisted almost 1,000 individuals in awakening and embodying greater personal and spiritual freedom for 15 years. Elaine 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. From 1992-1998, Elaine was a psychotherapist in Chicago, IL counseling individuals and couples. She also provided short-term counseling and meditation classes in several Chicago corporate settings before moving to Bozeman. For more information about Elaine and her other services, please visit: www.mayyouawaken.com.

Elaine Huang, MSW, MA | Embodiment of Freedom, Inc.
1919 Fairway Drive #101 | Bozeman, MT 59715 | Office phone: (406) 582-8694
Email: elaine@mayyouawaken.com | Website: www.mayyouawaken.com

