

Accessing Your Inner Refuge

Taught by Elaine Huang, MSW, MA
Saturday, November 20, 2010

9 - 11 AM at the Museum of the Rockies
Lower Level in the Seminar Room
Bozeman, MT

In this class, Elaine will assist the group in recognizing and experiencing their inner refuge. Attendees will learn how this resource can be used in daily life to reduce stress and anxiety while strengthening a sense of calm and well-being. Breath-focused meditation instruction will also be provided.

Since 1999, Elaine has provided spiritual support and guidance to individuals in her private practice in Bozeman. She has a Masters Degree in both Social Work and Clinical Psychology.

From 1992 to 1998, Elaine was a psychotherapist in Chicago, IL, treating individuals and couples and also providing short-term counseling and meditation classes in several corporate settings.

Please call Elaine at 582-8694 to reserve your spot.

Class cost: \$25.00

