

MEDITATION & CENTERING: Empowering Practices for Your Life

A Half-day Meditation Intensive with Elaine Huang

Saturday, April 22, 2017 9:00 AM - 1:00 PM
Bozeman Dharma Center

In this half-day meditation intensive, breath-focused meditation instruction and pointers to experientially recognize one's center will be offered.

Meditation & centering naturally transform your response to life while profoundly increasing your inner resilience. Through these two practices, a baseline of internal calm develops that is accessible while navigating your daily life experiences.

There will be periods of sitting alternated with spiritually-based and practice-focused talks. There will be time for questions and answers, and a break for lunch.

Class Cost: \$36.00.

Prepayment by check is requested & can be sent to:
EOF, 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.**

You will receive a return call or email confirmation.

You can visit 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 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.

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