

# Meditation

FINDING ULTIMATE COMFORT

A Half-day Meditation Intensive with Elaine Huang

Saturday, October 14, 2017

9:00 AM – 1:00 PM

Bozeman Dharma Center

1019 East Main St., Suite 202, Bozeman, MT 59715

For those who are new to or familiar with the practice of meditation.

This half-day intensive will provide:

- ~Breath-focused meditation instruction~
- ~Spiritual talks focused on the navigation of our physical & spiritual lives~
- ~Meditation practice periods~
- ~A lunchbreak (in silence or to meet spiritual friends)~
- ~and time for questions and answers~

Class Cost: \$36.00

Prepayment by check is requested & can be sent to:

Embodiment of Freedom, 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](mailto:elaine@mayyouawaken.com)**

You will receive a return call or email confirmation.

You can visit [www.mayyouawaken.com](http://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 1,050 individuals in awakening and embodying greater personal and spiritual freedom for 17 years. Elaine also offers classes that enrich personal wellness through the strengthening of one's spiritual awareness and understanding. She has taught meditation classes since the early 90's and has been a meditation practitioner for 28 years. Elaine has two Master's Degrees, in social work and clinical psychology.

For more information about Elaine, her meditation classes and individual client services, please visit: [www.mayyouawaken.com](http://www.mayyouawaken.com).



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