

EMBODIMENT OF FREEDOM

ELAINE HUANG



*Come join me at EDGE Wellness Week
for the speaker series, a meditation class or the entire event.*

I will be presenting on:

Wednesday, September 12 from 8 PM to 8:30 PM - at The Rialto.

Cost of the speakers series that night is \$40 (includes Red Tractor Pizza bar).

Speakers 6-9 PM.

Sunday, September 16 from 11 AM to 12 noon - at The Rialto.

The cost of the Introduction to Meditation class is \$25.

Please register and pre-pay at the link below.



- EDGE is a healthy lifestyle empowerment project, and is meant to bring together Bozeman's health, wellness and fitness community in a supportive, welcoming, wholehearted and fun environment.
- EDGE offers 30+ health, wellness and fitness classes and workshops throughout the Bozeman community over 12 days (September 12-23rd)
- You can purchase a full access pass, a studio pass or drop-in tickets to the workshops at the link below.
- A few of the highlighted events include The Speaker Series at The Rialto, a Meal Prep workshop, yoga, meditation, a 5k, fitness classes and a morning of complementary acupuncture, massage, cupping and more at the Rialto. See the website for complete details.

www.edgewellnessweek.com

<http://edgewellnessweek.com/sign-up/>