

# MEDITATION FOR AN OPEN MIND & A CALM HEART

A HALF-DAY MEDITATION RETREAT WITH ELAINE HUANG

**SATURDAY, APRIL 7, 2018 | 9:00 AM – 1:00 PM**  
**BOZEMAN DHARMA CENTER**

1019 EAST MAIN STREET, SUITE 202, BOZEMAN, MT 59715

Meditation strengthens an inner sense of happiness and serenity that can appear to be lost while managing the demands of daily life.

**Whether you are new to meditation or seek support for your practice, this half-day intensive will include:**

- ~ Breath-focused meditation instruction
- ~ Short & long-term benefits of the practice
- ~ Embracing one's humanity while being on a spiritual path
- ~ Off-the-cushion practices for an open mind & a calm heart
- ~ Understanding relative & ultimate reality

Periods of meditation will be alternated with spiritually focused talks. There will be time for questions and answers and there will be a snack break. Both meditation cushions and chairs are available at the Dharma Center.

**HALF DAY RETREAT 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 half day retreat by calling 406-582-8694  
or by emailing [mayyouawaken@gmail.com](mailto:mayyouawaken@gmail.com)**

**You will receive a return call or email confirmation.**

Elaine is the owner and spiritual teacher for Embodiment of Freedom. For 18 years, in her private practice in Bozeman, she has assisted over 1,075 individuals in awakening and embodying greater personal and spiritual freedom. She has taught meditation classes since 1992. Her half day retreats are intended to enrich personal wellness through the strengthening of one's meditation practice & spiritual awareness. Elaine has been a meditation practitioner for 29 years and holds two Master's Degrees, in social work and clinical psychology.

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



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