

THE *Peace* OF *Being* ~ YOUR *Natural* STATE

A Half Day Meditation Retreat with Elaine Huang

SATURDAY, MAY 12, 2018 | 9:00 AM – 1:00 PM

BOZEMAN DHARMA CENTER

1019 East Main Street, Suite 202, Bozeman, MT 59715

What are you really and how can this recognition bring you into an ease of Being which is your Natural State.

Over-identification with an apparent self creates needless striving, over-efforting & anxiety.

THIS HALF DAY MEDITATION SIT:

- ~ Is well suited for those who are interested in spiritual awakening.
- ~ Approaches to working with the mind will be addressed.
- ~ Learn how to bring internal aspects of your human self along in the process of awakening.

20 minute periods of meditation will be interwoven with 20 minute spiritual talks.
There will be time for questions and answers as well as a snack break.

HALF DAY RETREAT COST: \$36.00

Prepayment by check is requested & can be sent to:
Embodiment of Freedom, 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.
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 1,080 individuals in awakening and embodying greater personal and spiritual freedom. She has taught meditation classes since 1992. Her half day retreats are intended to enhance personal wellness through the enrichment 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

ELAINE HUANG, MSW, MA | EMBODIMENT OF FREEDOM, INC.
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*You can choose whether or not to maintain silence in this half day.
Both meditation cushions and chairs are available at the Dharma Center.*