

HEALING PRACTICES FOR THE HEART & MIND

A Half Day Meditation Retreat with Elaine Huang

OFFERED IN BOZEMAN, MT & ENNIS, MT

Saturday, May 11, 2019

9:00 AM – 1:00 PM (BREAK AT 11AM)

BOZEMAN DHARMA CENTER

1019 East Main Street, Suite 202

Bozeman, MT 59715

Wednesday, June 19, 2019

5:30 PM – 7:30 PM

EARTHSTAR COLLECTIVE

113 South First Street

Ennis, MT 59729

**WEBINAR OFFERING SUNDAY, MAY 5, 2019, 10 AM - 12 PM MST
COST: \$30.00. PLEASE SEE OUR WEBSITE FOR DETAILS.**

A lasting sense of peace and joy is attainable
if we practice and apply new habits.
These approaches heal our hearts and retrain our minds.

Psycho-spiritual skills that tend to the heart and mind will be taught.

Meditation periods will be alternated with inspiring spiritual talks.

There will be time for questions and answers.

BOZEMAN HALF DAY RETREAT COST: \$40.00

ENNIS RETREAT COST: \$30.00

REGISTRATION & PAYMENT ARE NOW AVAILABLE ONLINE AT: WWW.MAYYOUAWAKEN.COM

OR PRE-REGISTER BY CALLING 406-582-8694 OR BY EMAILING MAYYOUAWAKEN@GMAIL.COM.

Prepayment by check can be sent to:

Embodiment of Freedom, 1919 Fairway Dr., Ste. #101, Bozeman, MT 59715

Elaine is the spiritual teacher for Embodiment of Freedom. For 19 years, she has assisted over 1,150 individuals in awakening and embodying greater personal and spiritual freedom. Her half day retreats are intended to enhance personal wellness through the enrichment of one's meditation practice & spiritual awareness. To learn more about Elaine, her meditation classes or individual mentoring, please visit: www.mayyouawaken.com

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