

MEDITATION ~ A PATH TOWARDS LASTING PEACE

Two Hour Webinar with Elaine Huang

Sunday, March 31, 2019

10:00 AM – 12:00 PM Mountain Standard Time

Meditation is spiritual training for our minds & hearts.

It enhances our best attributes
and amplifies our inner experience of joy & peace.

Instruction for breath-focused meditation will be taught.

Periods of meditation will be interwoven with spiritual talks.

There will be time for questions and answers.

WEBINAR COST: \$30.00

Prepayment is required to receive a Zoom link to the webinar.

You will receive your Zoom link a week before the event.

Pay on-line through mayyouawaken.com or
mail your check (please include your email address) to:

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

Elaine is the spiritual teacher for Embodiment of Freedom. For 19 years, in her private practice in Bozeman, she has assisted over 1,150 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 30 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



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