

CHANGING YOUR HAPPINESS SETPOINT THROUGH MEDITATION

A Half Day Retreat with Elaine Huang

Saturday, October 12, 2019

9:00 AM – 1:00 PM

BOZEMAN DHARMA CENTER

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

Resetting your happiness baseline is achievable
through meditation and practice.

We can retrain our bodies and minds to experience
more joy & peace
and less worry & fear.

*Periods of meditation will be alternated with spiritually focused talks.
There will be time for questions and answers as well as a snack break.*

HALF DAY RETREAT COST: \$40.00

REGISTRATION AND PAYMENT 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 of Embodiment of Freedom. For 19 years, she has assisted over 1,190 individuals in awakening and embodying greater spiritual and personal 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

