

Waking Up to No Self

A Half Day RETREAT with Elaine Huang

SATURDAY, NOV. 7, 2020

9:00 AM – 1:00 PM

BOZEMAN DHARMA CENTER

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

Topics addressed:

What does spiritual awakening mean?

Are you just the physical person you appear to be?

What does No Self mean?

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

HALF DAY RETREAT COST: \$40.00

**REGISTRATION & 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 and owner of Embodiment of Freedom. For 20 years, she has assisted over 1,250 individuals in awakening and embodying greater spiritual and personal freedom. She has led nearly 100 meditation intensives in various settings over the last 28 years, and has been a meditator for 31 years. Her meditation retreats and online intensives enhance personal wellness through meditation practice and the enrichment of spiritual awareness. To learn more about Elaine, her meditation offerings, or individual mentoring, please visit: www.mayyouawaken.com



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