

# Your THOUGHTS are not a PROBLEM

A Half Day RETREAT with Elaine Huang

Saturday, April 18, 2020

9:00 AM – 1:00 PM

BOZEMAN DHARMA CENTER

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

**Thoughts are often our greatest source of stress.  
With knowledge and practice,  
you can reshape how you respond to your thoughts.**

**Periods of meditation will be interwoven with inspiring spiritual 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](http://www.mayyouawaken.com)**

**or pre-register by calling 406-582-8694 or  
by emailing [mayyouawaken@gmail.com](mailto: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](http://www.mayyouawaken.com)

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