



LIVING FROM TRUE NATURE

Facilitated by Elaine Huang, MSW, MA, SEP
Hosted by the Bozeman Dharma Center

SATURDAY-OCTOBER 11, 2025
9:00AM – 12:00 PM^{MST} (IN PERSON & ONLINE)

Step into a morning of exploration where guided meditation, mindfulness, and reflective practices open the way to freedom from limiting patterns of heart, mind, and body. This retreat offers practical pathways for embodying your true nature and cultivating presence, openness, and love in everyday life.

HIGHLIGHTS:

- Practices that nurture freedom, presence, and embodied awakening
- Tools to soften limiting patterns of heart, mind, and body
- Guidance for living with more ease as your true nature shines through



scan to register

REGISTRATION & DANA

Join us in-person or online. Retreat cost: [\$30-\$45]; early bird registration offers a discounted rate. Scholarships available. A Dana (donation) for Elaine is appreciated.



ELAINE HUANG
MSW, MA, SEP

Elaine is a seasoned mindfulness teacher, facilitator, and guide with over 25 years of experience and a dedicated meditator for more than 35 years. She holds master's degrees in social work and clinical psychology and is certified in Somatic Experiencing, Mindful Leadership, and Search Inside Yourself. Her retreats uniquely integrate mindfulness, psychology, somatic practices, neuroscience, and secular spiritual wisdom to help participants reconnect with grounded presence and awaken to their true nature. She also brings this expertise to leaders and teams in companies of all sizes.
www.elainehuangmsw.com