

THE HAPPINESS THAT ENDURES:

AWAKENING TO AND EMBODYING TRUE NATURE

Facilitated by Elaine Huang, MSW, MA, SEP

Hosted by the Bozeman Dharma Center

FRIDAY EVENING OPENING TALK

OCTOBER 9 | 6:30PM - 8:00PM^{MST}

What if there is a deeper well-being within us that is not dependent on changing circumstances?

This opening talk introduces our exploration of the nature of happiness and what it means to recognize and live from a deeper dimension of well-being.

DAYLONG RETREAT

SATURDAY, OCTOBER 10 | 9:30AM – 5:00 PM^{MST}

Explore the distinction between relative human happiness, which naturally fluctuates with mood and circumstance, and the deeper happiness that endures beneath our changing conditions.

Through guided meditation, contemplative inquiry, and embodied practices, we'll explore ways of recognizing true nature and the gradual transformation that allows this enduring well-being to be lived more often in everyday life.

IN PERSON & ONLINE

Hosted by **Bozeman Dharma Center**

3810 Valley Commons Drive, Suite #6 | Bozeman, MT 59718

REGISTRATION

Friday Evening Only: \$25 registration + teacher dana

Full Retreat, Friday & Saturday: \$60 registration + teacher dana

Registration fees support BDC; teacher dana is a voluntary offering of generosity to the teacher.

Friday evening is included with full retreat registration.



ELAINE HUANG

MSW, MA, SEP

Mindfulness Teacher

Elaine is a mindfulness teacher with 25 years of experience facilitating individuals, groups, and corporate teams. A dedicated meditator for over 35 years, she holds master's degrees in Social Work and Clinical Psychology, along with certifications in Mindful Leadership, Search Inside Yourself, and Somatic Experiencing. She leads mindfulness retreats and workshops and facilitates leadership and mindfulness trainings for organizations across a range of industries. Her work supports individuals and organizations in cultivating personal and professional growth, greater presence, and an awakening to true nature.

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