

DAY LONG MEDITATION RETREAT

with Elaine Huang, MSW, MA

Saturday, October 8, 2016

9:00 AM - 5:00 PM

Montana Movement Arts Center (MAC)

This daylong retreat is intended to fortify your inner sense of calm and increase your awareness of the energetic fabric that is always holding you. There will be periods of 30-minute meditations (totaling approximately 3 hours for the day) supported by practice-related spiritual talks. There will be time for questions and answers, and a lunch break. Aside from the Q&A periods, participants are encouraged to maintain silence for the retreat. Please bring a bag lunch and personal meditation items (cushions, shawls). Chairs will be provided at the MAC.

Prerequisite for the daylong retreat: time spent with Elaine through previous class offerings or private sessions. Experienced meditators that have not met Elaine are welcome.

Retreat Cost: \$65.00 (Prepayment by check is requested)
Montana Movement Arts Center (MAC)

1871 S. 22nd Avenue, Ste 2
Bozeman, MT 59718

**Please pre-register for the retreat by calling 406-582-8694
or emailing elaine@mayyouawaken.com.
You will receive a return call or email confirmation.**

Elaine is the owner and spiritual teacher for Embodiment of Freedom, Inc. (EOF). In her private practice here in Bozeman, she has assisted almost 1,000 individuals in awakening and embodying greater personal and spiritual freedom for 15 years. Since 1992, in both Chicago and Bozeman, she has offered classes that enrich personal wellness through the practices of meditation and centering. Elaine has been a meditation practitioner for 27 years. She has two Master's Degrees, in social work and clinical psychology. For more information about Elaine and her other services, please visit: www.mayyouawaken.com.

Elaine Huang, MSW, MA | Embodiment of Freedom, Inc.
1919 Fairway Drive #101 | Bozeman, MT 59715 | Office phone: (406) 582-8694
Email: elaine@mayyouawaken.com | Website: www.mayyouawaken.com

