

# FINDING THE CALM

Group Meditation & Teaching led by Elaine

**Saturday, May 6, 2017**

**9:00 a.m. – 12:00 p.m.**

**Montana Movement Arts Center**

**1871 S. 22nd Ave., Ste. #2, Bozeman, MT 59718**

There is a calm within you that is always available. To know how to calm and regain a sense of equilibrium is a valuable practice.

In this morning group meditation, there will be instruction and reminders offered to strengthen your ability to restore a state of calm.

There will be three 15-20 minute periods of meditation, two spiritual talks, and time for questions and answers.

**Class cost: \$30.00**

Prepayment by check is requested & can be sent to:  
Embodiment of Freedom, Inc., 1919 Fairway Dr., Ste. #101, Bozeman, MT 59715

Please pre-register for the morning intensive by calling: 406-582-8694  
or by emailing: [elaine@mayyouawaken.com](mailto:elaine@mayyouawaken.com).

You will receive a return call or email confirmation.

You can visit [www.mayyouawaken.com](http://www.mayyouawaken.com) to view the class flyer or learn more about Elaine.

*Elaine is the owner and spiritual teacher for Embodiment of Freedom, Inc. (EOF). In her private practice here in Bozeman, she has assisted over 1,000 individuals in awakening and embodying greater personal and spiritual freedom for 17 years. Elaine also offers classes that enrich personal wellness through the strengthening of one's spiritual foundation. She has two Master's Degrees, in social work and clinical psychology. Elaine has been a meditation practitioner for 28 years.*

*For more information about Elaine, her other meditation classes and individual client services, please visit: [www.mayyouawaken.com](http://www.mayyouawaken.com).*

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