

# CULTIVATING *Inner Peace*

A Half day Meditation Retreat with Elaine Huang

**Saturday, November 4, 2017**

**9:00 AM – 1:00 PM**

**Bozeman Dharma Center**

**1019 East Main St., Suite 202, Bozeman, MT 59715**

Inner peace is always available and accessible.

There are habits that can be incorporated into our daily lives that increase our experience of a peace that comes from within.

In this half day meditation retreat there will be spiritually-focused talks that address the balance between will and surrender; softening patterns of the mind, and questioning beliefs that promote suffering.

There will also be periods of meditation, time for questions and answers, and a lunch break. Chairs and meditation cushions are provided at the Dharma Center.

**Half day retreat cost: \$36.00**

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 half day retreat by calling 406-582-8694  
or by emailing [elaine@mayyouawaken.com](mailto: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 over 1,050 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 awareness and understanding. She has taught meditation classes since the early 90's and has been a meditation practitioner for 28 years. Elaine has two Master's Degrees, in social work and clinical psychology.

For more information about Elaine, her meditation classes and individual client services, please visit: [www.mayyouawaken.com](http://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](mailto:elaine@mayyouawaken.com) | Website: [www.mayyouawaken.com](http://www.mayyouawaken.com)