

Freedom From the Mind

Taught by: Elaine Huang, MSW, MA

Offered Twice (Select One)

Saturday, October 1, 2016

Montana Movement Arts Center (MAC)

1871 S. 22nd Avenue, Suite 2
and

Saturday, November 5, 2016

The Bozeman Dharma Center

1019 E. Main Street, Suite 202

9:00 AM - 1:00 PM

In this meditation intensive, there will be periods of sitting alternated with spiritually-focused teachings. The talks will help attendees understand the nature of the mind and offer strategies that will help reduce the suffering that the mind and its thoughts can generate. There will be time for questions and answers. No prior time with Elaine is required.

Class Cost: \$36.00 (Prepayment by check is requested)

**Please pre-register for the intensive 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.

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