



ALUMNI WORK-PRACTICE RETREAT 2018



Monday, September 17 to
Friday, September 21
Tassajara Zen Mountain Center

A chance to renew, refresh, and
nourish connections, old and new

This year's Alumni Retreat at Tassajara Zen Mountain Center is a focused work-practice retreat. Through joining the special work period at Tassajara, we have a chance to contribute to the community that has hosted many women veterans' retreats for Veteran's PATH, strengthening our own bonds of community as we offer our service. We will also have time to meditate and engage in dialogue and mindfulness practice together in this mountain valley that has been a place of focused practice for 50 years.

Alumni events offer an opportunity for veterans who have participated in Veteran's PATH programs to come together in a renewing and replenishing way, to reconnect and go deeper into practice. Support from other veterans who are traveling this same path is invaluable. Together we can enjoy this beautiful, wild natural setting, with hot springs, a creek and national forest.

The Retreat will be limited to 14 participants. We would like to bring a balanced group of men and women. The criteria for who is eligible to participate in priority order is:

1. Veterans leaders and Veteran leader interns
2. Veterans who have participated in at least three one-day Veteran's PATH events or longer retreats, have developed a regular meditation or mindfulness practice and have not yet had the opportunity to attend events at Tassajara.
3. Veterans who have attended at least three one-day events or Veteran PATH retreats or Anchor Programs, have developed a regular meditation or mindfulness practice and have attended events at Tassajara.
4. Other veteran attendees will be considered if space allows.



“Veteran’s PATH programs are life-changing, presenting the option of living in a more authentic way. There’s a choice - to stay isolated in darkness or have the courage to seek the light. It’s an invitation to expand and reconnect to the wholeness inherent in all of us. It’s a spark of hope.”

Suzy M., U.S. Army Veteran

Questions? Reply to this email, or call Laurie Senauke at 510-495-5818. Advance registration is required. To apply, use this [online form](#).

EVENT FACILITATORS



Lee Klinger Lesser, MS, is the Co-founder and Program Director of Veteran's PATH. She has developed and led retreats for Veterans since 2008, integrating her experience of mindfulness and meditation into accessible programming for Veterans. She has taught the mindfulness practice of Sensory Awareness for over 45 years both nationally and internationally. She also led national trainings in emotional intelligence, family support, and diversity and equity for early childhood educators. (www.returntooursenses.com)



Chris Fortin, MA, MFT, Co-Founder of Veteran's PATH, is a Zen teacher, Spiritual Counselor and psychotherapist in private practice for over 25 years. She has developed and led Veteran's PATH retreats since its beginning. She began her Zen practice at San Francisco Zen Center in 1976 and now practices as a leader and teacher in the Everyday Zen community. She teaches and leads meditation workshops and retreats throughout the Bay Area and beyond. She has over 30 years of experience in helping to heal the wounds and trauma of mind, body and spirit, and brings this experience to the leadership and development of Veteran's PATH. (www.dharmaheartzen.com)

