



# Join us Saturday, May 12, 2018

A day of community  
with other veterans for a day in nature,  
meditation and mindfulness practices,  
and camaraderie

Connect with other veterans for fun and support!

Join founders Lee and Chris at Green Gulch Farm, where Veteran's PATH held our first events. We'll explore the gardens and fields, and experience mindfulness and meditation practices which can support you in your daily life.

We'll meet at 9 am at the yurt. The address is 1601 Shoreline Hwy, Sausalito, CA 94965 ([google map](#) - note that GPS will not work as you approach the Farm). Once you arrive, look for the sign that says "Veterans PATH." Need help getting there? Let us know and we'll connect you with others you can carpool with.



This day will be facilitated by Veteran's PATH co-founders Lee Klinger Lesser and Chris Fortin (see below). There is no cost to participate; lunch, snacks and drinks are all included.

Veteran's PATH programs are available to veterans who have served since 1990. You are welcome to bring a guest, an adult family member or friend, if there is room. And be sure to encourage your fellow veterans to join us.

To sign up or to ask questions, reply to this email, or call Laurie at 510-495-5818. Advance registration is required. If this is your first event with Veteran's PATH, please let us know a little about you by filling in [this online form](#).

## EVENT FACILITATORS



**Lee Klinger Lesser, MS**, 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 and led national trainings in emotional intelligence, family support, and diversity and equity for early childhood educators.



**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](http://www.dharmaheartzen.com))

### 1-DAY PATHFINDER EVENTS in CA

June 30: Shoreline Lake  
August 11: Green Gulch Farm  
October 20: Green Gulch Farm  
December 1: Sacramento!

*"I learned not to be afraid to ask for what I want or need. To be more assertive. To have a little more confidence in myself and trust that things will be okay."*

*Will R, U. S. Marine Corps Veteran*