



JOURNEY FORWARD

PEACE. ACCEPTANCE. TRANSFORMATION. HONOR.

Join us Saturday, January 6, 2018 for a day of community with other veterans, hiking & mindfulness



Connect with other veterans for fun and support!

Let's begin the new year together at the ocean, welcoming the return of the salmon. We meet at 9 am at the Muir Beach Community Center (rain or shine). We'll walk to the beach, share our experiences, and learn mindfulness and meditation practices to support you in your daily life. We'll end at 5 pm.



This day will be facilitated by Chris Fortin and Wendy Johnson (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 Veterans PATH, please let us know a little about you by filling in this [online form](#).

Need help getting to the event? Let us know and we'll connect you with others you can carpool with.

EVENT FACILITATORS



Chris Fortin, MA, MFT is a Zen teacher, Spiritual Counselor and psychotherapist in private practice for over 25 years. She is Cofounder of Veteran's Path and has developed and led VP retreats since its beginning.

Wendy Johnson, longtime meditation, mindfulness and Zen teacher, resident of Muir Beach and author of Gardening at the Dragon's Gate, will join us for the day. Wendy has worked with veterans for many years and has deep knowledge of the eco-system of Muir Beach and Green Gulch Farm.



2018 EVENTS in CA

PATHFINDER (1-DAY) EVENTS

May 5: Green Gulch Farm

August 11: Green Gulch Farm

October 20: Green Gulch Farm

More pathfinder dates will be added soon!

"In the Army I was taught that if I didn't use emotion, this would be a strength. This mindfulness meditation and the community that I get from Veteran's PATH is really supporting my growth and my ability to live and to thrive and to move forward in my life and be a good dad and be a good friend and have self-esteem. This is real skills for living."

~ Matt Huffman, Army Veteran