

# WALKING THE PATH OF THE WARRIOR ON THE JOURNEY HOME



## A Retreat and Support Community for Returning Veterans

These four retreat days are designed to build a welcoming community and safe base for returning vets to learn tools for walking the path of the warrior in daily life.

Participants will learn techniques that have proven successful in healing, quieting the mind, and reducing stress.

- **Maintain balance and well being in relationships and everyday life**
- **Alleviate stress through body/mind practices focusing on breath, sensory experience, and mindful awareness**
- **Writing and journaling and/or gardening and farming**
- **Integrate deployment experiences**
- **Time for the group to build supportive relationships, and to decide together what would meet the needs of the group**

The retreats are non-denominational and open to all veterans. There is no fee. Lunch will be provided. Contact us for information about programs for family members of veterans.

**Sundays, March 1, April 5, June 14 and Saturday, May 9, 2009**  
10 a.m. - 4 p.m.

The retreats will take place at Green Gulch Farm on March 1 & June 14, and at San Francisco Zen Center on April 5 & May 9. You may come to one or all of the retreats.

**Lee Klinger Lesser** has led workshops in Sensory Awareness for over 35 years in English and in Spanish. She has been a Zen Student for 30 years. She has studied with Jim Gordon and the Center for Body-Mind Medicine based on their work of healing with people who have suffered from trauma in war zones around the world.

**Chris Fortin** is a licensed Marriage Family Therapist in private practice and a Buddhist priest. She has 30 years of experience in helping to heal the wounds and trauma of body, mind, and spirit. Her commitment is to meet each person and experience with honest and alive attention and respect.

**Please contact Lee Klinger Lesser at 415-307-6043 [leelesser@gmail.com](mailto:leelesser@gmail.com) or Chris Fortin at 707-527-8106, [chrisfortin@comcast.net](mailto:chrisfortin@comcast.net) to register.**