

# SITOREP

SITUATION REPORT: RESULTS AND ACHIEVEMENTS

PROGRAM

I N T E R W O V E N

**REPORT** *The Interwoven ourStation in San Diego*

Our outStation in San Diego continues to reach and support spouses in the local area. On a beautiful September morning, fourteen Special Operations Forces (SOF) spouses gathered at Sunset Cliffs in San Diego, where they participated in a slow flow vinyasa yoga session overlooking the Pacific Ocean. After yoga they were guided in a meditation session and a sound-bowl healing bath. The group then shared a meal together and spent time getting to know one another and connecting on a deeper level.

Following the meal, a local intuitive artist guided everyone in an immersive art experience using canvas, paint, crystals, and sand, activating each person's inner artist and calming their mind. Everyone left feeling relaxed, restored, and with a unique piece of art they created.

For more information about The Interwoven ourStation in San Diego, please visit our [website](#) or contact Kelly Fortmann at [kfortmann@thestationfoundation.org](mailto:kfortmann@thestationfoundation.org)



*Expanding on the self-care theme of our Spouse Performance Program, SOF spouses spent a day at Sunset Cliffs in San Diego, where they participated in a variety of sessions designed around caring for self so they can care for the others in their family.*

THE STATION FOUNDATION 406.763.5505 info@thestationfoundation.org

[www.facebook.com/TheStationFoundation](https://www.facebook.com/TheStationFoundation) [twitter.com/THESTATIONfndn](https://twitter.com/THESTATIONfndn)

1627 WEST MAIN ST. SUITE #258 BOZEMAN, MT 59715

