

TOPIC

OUR INTERWOVEN PROGRAM IS EXPANDING

LOCATIONS *San Diego, Virginia Beach, and now Fort Bragg and Camp Lejeune (North Carolina)*

DETAILS **Programming Begins at 2 New Interwoven ourStations**

The Station Foundation's outreach program, Interwoven, helps us reach our SOF Community in their own hometowns. Utilizing virtual and in-person experiences, Interwoven blends The Station's culture and curriculum into participants' local community. Currently Interwoven has offerings in Virginia Beach and San Diego, and we are excited to announce that two new outreach locations in North Carolina (*Fort Bragg and Camp Lejeune*) will begin their programming in March.

ourStation Activities

Our ourStations offer a vast array of activities such as Monthly Hikes, Family Art Workshops, Introduction to the Potter's Wheel (*see photos*), Yoga Fitness, Restorative Yoga, Surfing, and more.

Click on the following links to see the programming offered at each of our Interwoven ourStations:

- ✿ [San Diego](#)
- ✿ [Virginia Beach](#)
- ✿ [Fort Bragg](#)
- ✿ [Camp Lejeune](#)

See Inside an ourStation Event

What happens in these events is so much more than the activity itself. Each event offers an experience that is carefully curated to provide participants with an opportunity to connect with themselves and with each other on a deeper level, incorporating mindfulness techniques that can be practiced long after the activity ends, and gradually woven into daily life.

For example, Yoga Fitness is not simply an exercise class, it is a mind-body experience that teaches participants how to manage stress and energy levels. With heavy emphasis on the importance of self compassion and gratitude, participants increase a sense of empowerment and curiosity.

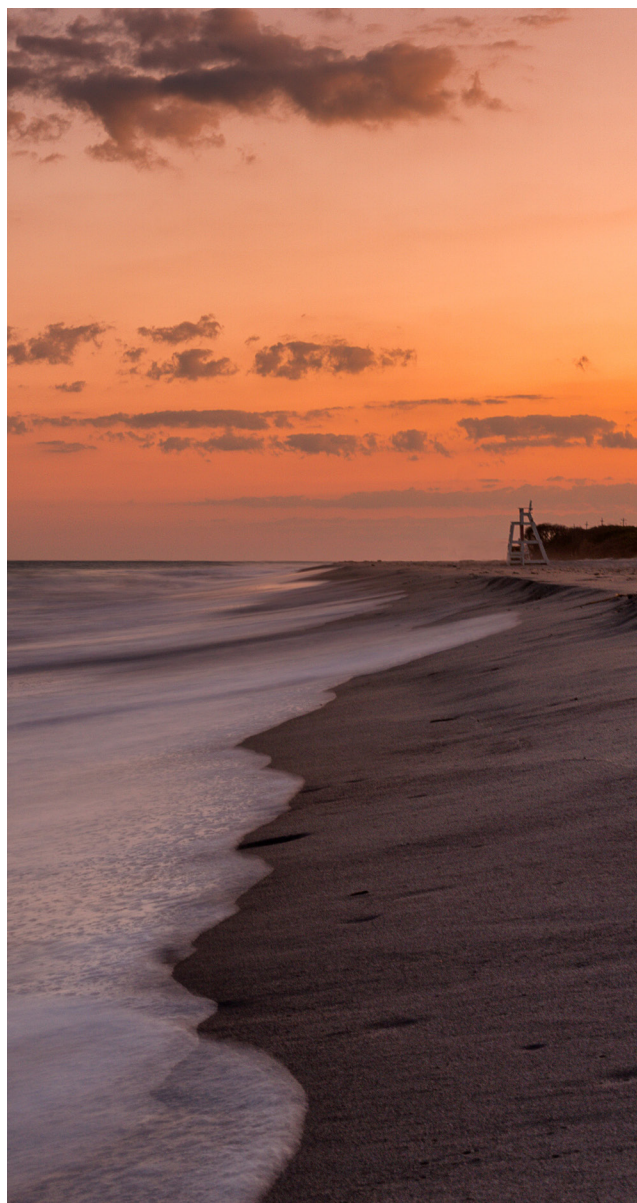
Research shows that self-compassionate people have less performance anxiety, more self-confidence, and less fear of failure. They're more willing to take risks, have a growth mindset, and value learning experiences over self-image.

Self-compassionate people also persist longer in their efforts and are more likely to keep trying after setbacks. Incorporating gratitude into your physical fitness routine adds an important dimension to your mental wellness. Participants will feel confident, strong, and inspired after this mindfulness experience.

Our Interwoven ourStation events are not only an extension of our immersive programs at Base Camp Jimmy (BCJ), they are an opportunity for The Station Foundation to expand our reach and share our philosophy with the broader Special Operations Forces Community.

Interwoven ourStation events also provide our alumni with opportunities to stay connected with each other, support one another, and nurture the deep friendships that begin at BCJ.

A clear example of the value of connection can be seen in the actions of one participant from our recent Spouse Performance Program (SPP) at Base Camp Jimmy. She drove four hours (*from her home in North Carolina to Virginia Beach*) to attend an ourStation ceramics workshop – so she could reunite with other spouses – now friends – from the SPP program. This is all the evidence we need to keep growing and expanding our outreach!



ACTION For more information about our Interwoven Outreach Program, please visit our [website](#) or contact us at info@thestationfoundation.org

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