

MARCH

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# GOING WHERE YOU NEED TO GO

## A One-Day Healing Journey 10am-5pm, Marina district, San Francisco

If you could use a day to rest and relax, to give yourself space and kindness, and to get support for bringing out your gifts in life, then join us. We will have fun, depth, the juiciness of emotional truth, and sacredness.

Our main guide for the day will be YOU... We will go wherever you need to go. At the same time we will offer a flexible structure, including check-ins, music, authentic movement and breathing, meditation, and spiritual awareness. Expect to leave restored, further along on your path, with newfound resources, and with real allies for future work.

### About us:

*Jared Michaels, MFTI, and Travis Robinson, MFTI, are psychotherapists, close friends, and longtime Buddhist practitioners. Jared is a Zen priest and Travis spent 13 years living and practicing in a Tibetan Buddhist temple. They now bring their combined wisdom, heart, and passion to leading journeys. They see them as having enormous potential for good - both on an individual level and a global one.*

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**6 SPOTS AVAILABLE. \$200. RESERVE BY 2-15-14.  
(415) 255-2545**