

Paula Phillips Marks Bio

Paula Phillips Marks was born in the town of Sonoma, raised her two sons in Santa Rosa and is now retired and lives with her husband in Healdsburg. She taught at Santa Rosa Junior College from 2002 to 2008 presenting the Walking Class under the Community Education program sharing the joy of hiking and the beauty of the North Bay parks and trails with her classes. She is a trained Hike Leader for California State Parks' *Volunteer In Parks Program* for the Sonoma Sector State Parks: Trione-Annadel, Sugarloaf Ridge and Jack London. Paula Phillips Marks is the author of *"Soleful" Hiking – A beginner's Guide to Mindful Hiking* (2016).