

BOOT CAMP for GODDESSES™

Release the Goddess Within!

By **SIERRA™**
4 Body Fitness & Yoga

Learn the art of becoming a 21st Century Goddess

The women's workshop of laughter, tears and sweat

The heart of Boot Camp for Goddesses empowers each woman to claim her own worth, her right to be. Through Boot Camp for Goddesses, a woman can take command of her space, her emotions, and her mind while remaining in her feminine essence... the Goddess within. It is a place where she can come to nurture and honor her mind, body and spirit.

Boot Camp for Goddesses is a 4 body workout — physical, emotional, mental, spiritual — for women of all fitness levels. It provides women the tools to increase vitality, halt the aging process, rejuvenate the 4 Bodies, clear the mind, release pent-up emotions, burn fat, contour muscles, energize the spirit, soothe the soul, enhance physical fitness and create a more radiant outer beauty reflecting the inner workings of Sierra 4 Body Fitness & Yoga.



Sierra Bender

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Sierra Bender is certified as a Prana Yoga teacher, personal fitness trainer, Kripalu Yoga teacher, Kripalu Bodyworker, massage therapist, medical intuitive, and energetic healer. Also trained in exercise physiology, nutrition, aromatherapy, menopausal health, addictions and abuse. Her clients include celebrities, Olympic and professional athletes, and Wall Street and Fortune 500 CEOs.

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