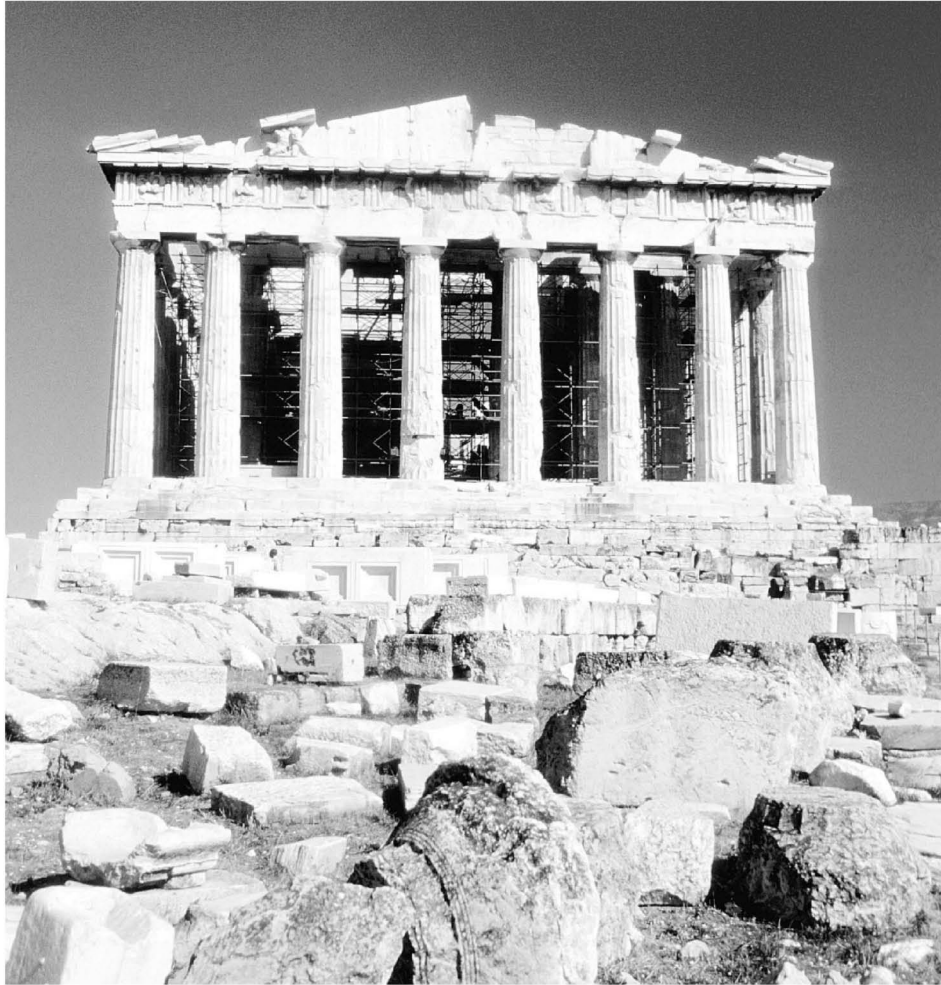


## 'TUIT'

### Creador de grandes proyectos

En 1920, el fundador de la ciudad de Hollywood, Joseph W. Young, fue el desarrollador principal de Port Everglades. Hoy ese puerto tiene la terminal de crucero más grande del mundo diseñada para un tipo de barcos, los de la clase Oasis de Royal Caribbean, que también son los más grandes del mundo.

El **Acrópolis de Grecia** es un lugar místico reconocido por los expertos en temas holísticos como Sierra Bender.



## CALENDARIO

• **Campamento para Diosas:** 16-21 de abril, en Rincon. Información: 1(888) 794-3330

• **Excursión Sagrada de Diosas:** 4-17 de mayo, Venetas Incas, Machu Picchu, Perú

• **Taller "Bender Empowerment Method" para hombres y mujeres** (Balance y sanación para ambos) abril 15-17 del 2012, Bosque Florham, Canóvanas

Más detalles en [www.sierrabender.com](http://www.sierrabender.com)

# Sacred and healing places

Sierra Bender has traveled to mystical places around the world that she assures have contributed to her work, which promotes good mental, physical, spiritual and emotional health.

POR YARITZA RIVAS  
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There are places in the world that when you see them, they make you want to stay there and recharge your energy. Some of these sites are considered sacred, such as Machu Picchu or the Acropolis in Greece. But why? The spiritual healer Sierra Bender (in the photograph) says that, for example, many women want to go to Machu Picchu because they are attracted by what she calls the energy of "the feminine Amazon warrior" present there. According to the expert this is the most powerful feminine force in the planet and it helps women reconnect with the earth and their inner power.

## CAMP FOR GODDESSES

Bender, a native of New Jersey, is known for Camp for Goddesses, a one-week retreat for women where she teaches the Bender Empowerment Method "4 Body Fit" philosophy.

This system is based on the integration of the four bodies: spiritual, mental, emotional, and physical. In fact, the also author of "Goddess to the Core: An Inspired Workout to Maximize your Fitness, Beauty & Power", will visit the Island next week to offer this retreat in the beaches of Rincon.

According to her, Rincon is one of the most sacred places in the world. Bender explained that a sacred site is any place that is maintained as pure and natural as possible.

"Puerto Rico has many spaces and sacred places," she says. She also mentioned El Yunque National Rainforest, the mountains of Orocovis and the Utuado River as powerful energy sites.

Bender has been teaching holistic philosophies around the world for over two decades. A near-death experience motivated her to embrace these teachings.



She shared that at 32 she had an ectopic pregnancy that was not detected on time. Four months into her pregnancy the baby broke her uterus and she almost died. "I bled to death that Christmas night," she recalls. This experience made her realize she needed to get answers to some questions to be able to achieve a balance in the four levels that she understands are needed to live in mental, spiritual, physical and emotional health, and which she promotes through her program.

She now shares her knowledge to empower women in sacred tours to places like Machu Picchu and Greece.

## SACRED TOURS

Once a year Bender organizes trips to sacred sites throughout the planet for women. According to her, Australia, Mexico and Bolivia are just some of the most precious and treasured destinies Mother Nature has saved for us to connect with the power within.

Her next sacred tour is scheduled for May 2011, this time to the Inca trail in the mountains of Machu Picchu in Peru. As she explains, the journey will include ceremonies in the seven temples located in this magical region.

Many people get sick during these tours. Could it be the altitude? I asked. But she said that as long as the hiker is spiritually, mentally, physically and emotionally balanced, he will not be affected by it. Furthermore, she assures that people who vomit or get sick is because they are intoxicated and unbalanced.

That is why she is really disturbed by the fact that ever since this became one of the Seven Wonders of the World so many people go to Machu Picchu holding no respect for the place. "They just come to say they were there," she said. As a result, now there is trash and the turmoil of visitors is such that some of the trails have to be temporarily closed to get maintenance.

But besides that, the sacred tours she coordinates are holistic and they help women achieve an adequate balanced state. She affirms that this is not an easy job and "participants must be prepared to face many tests." Ultimately, if they are willing to let go what needs to be released, they can experience a rebirth, said the healer.

When talking about her travels to Greece, Bender pointed out this is where her journey started. According to her, in this country you can feel the wisdom of the ancestors. "When you go to Greece you perceive the wisdom of the earth and the goddesses," she says.

For her, every sacred place in the world has a unique energy that helps you balance, release, and therefore be happy. "It's like finding the missing piece of the puzzle," she says. This is why she can't identify a favorite place to find your true inner self.

## Vistazo

### Imágenes de la semana



**MÉXICO:** Este resort de Isla Mujeres, en las costas de Cancún, se propone como destino ideal para una romántica luna de miel, según Carley Roney, editor de TheKnot.com.



**AMSTERDAM:** El "Amsterdam", réplica del navío del siglo XVII es remodelado hasta Zaandam para remodelación y posterior instalación en el Museo Marítimo Holandés.



**EL VATICANO:** Tarjetas postales del Papa Juan Pablo II se muestran a la venta cerca de la Basílica de San Pedro. El 29 de abril el féretro del Santo Pontífice será instalado en el Altar de la Confesión de esta Basílica para que los fieles puedan venerarlo tras ser beatificado por Benedicto XVI.



**CIUDAD MÉXICO:** Un cuerpo de baile ensaya la pieza "The Sleeping Beauty" ante el Castillo de Chapultepec, esto previo al estreno del ballet en esta ciudad.