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CALENDAR ALERT

For Women Only

*Sierra Bender Wholistic Fitness Health & Healing kicks off
2010 Calendar in San Juan, Puerto Rico*

Lackawaxen, PA, April 15, 2010 – One only needs to turn on the television, pick up a magazine or just look at a billboard to see how strong a focus we put on the physical body. “We cheat ourselves. Our true being is beyond just the physical body. It is a journey of self-realization, a combination of motion and stillness to create balance in our being. It is a unique synergy of physical, mental, emotional and spiritual bodies that give people of all ages and fitness levels the tools to tone their body, awaken their mind, release pent up emotions, and strengthen their spiritual connection,” said Sierra Bender, founder and owner of Sierra Bender Wholistic Fitness Health & Healing.

Based on over 25 years of wellness training and hard-won life experience, Sierra Bender gives students the tools they need to change their lives for the better. Drawing on her professional background in fitness training, years of studying with indigenous healers, and long-term yoga practice, Sierra Bender has created a self-care system that is part physical workout, part yoga practice, part therapy session, and part spiritual reflection. Best of all, it doesn’t require a lot of time, expensive classes, or fancy equipment.

“I teach women to discover all four planes of existence—spiritual, mental, emotional and physical. When we learn how to keep all four planes of our existence fit, we become healthier, happier and better able to lead our families, friends, and communities to do the same,” says Sierra.

Wholistic Fitness Health & Healing offers a wide range of programs and retreats – weeklong *Boot Camp for Goddesses®* and *Boot Camp for Goddess Teens*, one-day or weekend *Goddess to the Core®*, *Goddess Sacred Tours*, and online Goddess Teleconferences.

She will be facilitating the following workshops in 2010:

Goddess to the Core®

Spring kick off! April 17

May 14–16

June 5–6

June 12

July 9–11

Sadhana Healing Arts, San Juan, Puerto Rico

Omega Institute, Rhinebeck, New York

Pure Yoga West, New York, New York

The Mindfulness Center, Bethesda, Maryland

Kripalu Center, Lenox, Massachusetts

Boot Camp for Goddesses® Level 1

April 19–24

August 1–6

August 10–15

Casa Grande, Utuado, Puerto Rico

Omega Institute, Rhinebeck, New York State

Feathered Pipe Ranch, Wolf Creek, Montana

Boot Camp for Goddesses® Teens (13-17)

August 1–6

Omega Institute, Rhinebeck, New York State

Goddess Getaway

September 17–19

Kripalu Center, Lenox, Massachusetts

Goddess Sacred Tours

April 28 - May 10

Dates to be posted

Machu Picchu, Peru

Athens, Greece

About Sierra Bender

Sierra Bender is an internationally acclaimed Spiritual Healer, lifestyle educator, motivational speaker, author and founder of renowned *Boot Camp for Goddesses®*.

Miraculously surviving a ruptured uterus at thirty-two, Sierra Bender began in search of a higher understanding of life and medicine. From the eastern philosophy of India, to the earth wisdom of Native American reservations, to medicinal practices of the Amazon jungle and energetic surgery of the Peruvian shamans, Sierra healed and found her purpose.

Sierra is certified as a Prana Yoga and Kripalu Yoga teacher, Kripalu bodyworker, personal fitness trainer, medical intuitive, energetic healer, and Holistic Nutritional Counselor. She is also trained in quantum physics, exercise physiology, aromatherapy, menopausal health, addictions, and trauma. Sierra leads wholistic trainings, certification programs and retreats for corporations and professionals in the health, healing and fitness industries. She teaches and speaks at various international retreat centers including Omega Institute Holistic Studies, Kripalu Center for Health & Yoga and Feathered Pipe Foundation.

In the past 25 years, Sierra has helped thousands of women find a new consciousness and reclaim their self worth, health, and happiness through her retreats and boot camps. Sierra offers continuing education to yoga practitioners through her Wholistic Yoga Therapy Training program focused on treating addictions, eating disorders, trauma, depression and chronic fatigue.

Sierra has been featured in magazines such as *Fit Yoga*, *Shape*, *Marie Claire*, *Body & Soul*, and others. Her latest book is *Goddess to the Core®*.

www.sierrabender.com