

## What People Are Saying About Sierra

Sierra's unique integrative program offers women a blend of ancient and modern, spiritual and physical tools for strengthening themselves from the inside out. When women leave her workshop at Omega, their transformation is absolutely visible!

—Carla Goldstein, director of the Women's Leadership Center at the Omega Institute

Sierra Bender can only be described as a force of nature, an inspired teacher who has through direct experience created an astonishing technique of transformation certain to reveal the goddess within.

—Wade Davis, explorer-in-residence, National Geographic Society and bestselling author of *One River* and *The Serpent and the Rainbow*

Sierra has seemingly interminable knowledge about how to help women "be women." She herself is challenging, compassionate, and radiantly confident, a model of how to balance the Warrior and Goddess energies women have.

—Sharon M., Ph.D., Harvard Medical School executive coach for women

Sierra Bender is not an academic who was dying to teach because she was afraid of living; she is a "Warrior of Life" who can teach because she allowed nearly dying to release her to discover living.

—Warren Farrell, Ph.D., author of *Why Men Are the Way They Are* and *Women Can't Hear What Men Don't Say*

The boot camp is all about what's right with you, not what's wrong with you. Quite simply, it was an oasis of calm and restoration in an otherwise crazy and draining world.

—Beverly K., Editor for *People* magazine

*Goddess to the Core?* What does that mean? That was my thought when I first got to Boot Camp for Goddesses®. Core is my center, my foundation. What was I made of? I forgot my essence, my spirit, my real being. I know I am on this earth for a reason. But I was stuck in helping others fulfill their dreams, caring for others, guiding others and absorbing other's energy. At Boot Camp, I learned how to reinvent myself, how to accept my divine gifts, how to develop my intuition, how to heal myself spiritually and physically and to restore my core, my feminine essence. Mother Earth Ahooo! Mother Earth, the Goddess of nature, you have the energy that I need to awaken and ignite my inner strength. I love you and I honor you. Sierra....dear Sierra, you are the channel of energy that is there to awaken us to conquer our own destiny and to help us remember, heal and feel what we had forgotten. Thanks for reminding me that I am a Goddess. This was a journey that I will never forget."

—Jarmary Torres, student Boot Camp for Goddesses, 2009, Puerto Rico