

# BOOT CAMP

*for*  
**GODDESSES®**

Dear Goddess,

Here is your schedule of the week's activities for your course "Boot Camp for Goddesses®" with Sierra Bender on January 15<sup>th</sup>-20<sup>th</sup>, 2010. It will definitely be a life changing week and one to remember.

Day & Date	Start Time	End Time	Description
<b>Friday 01/15/2010</b>	2:30 PM	4:00 PM	Arrive & Settle In
	4:00 PM	5:00 PM	Gather for Tour of Retreat Center
	5:30 PM	7:30 PM	Meet Other Goddesses & Dinner
	7:30 PM	9:30 PM	Opening Ceremony
<b>Saturday 01/16/2010 and Sunday 01/17/2010</b>	7:00 am	8:00 am	Breakfast
	8:00 AM	9:00 AM	Hike
	9:30 AM	12:30 PM	Workshop
	12:30 PM	2:30 PM	Lunch (Optional Massage Services & Organic Farm Lecture)
	2:30 PM	6:00 PM	Workshop
	6:00 PM	7:30 PM	Dinner (Optional Massage Services)
<b>Monday 01/18/2010</b>	7:00 AM	8:00 AM	Breakfast
	8:00 AM	9:00 AM	Hike
	9:30 AM	12:30 PM	Workshop
	12:30 PM	2:30 PM	Lunch (Optional Massage Services)
	2:30 PM	4:30 PM	Workshop
	5:00 PM	10:00 PM	Goddess Surprise (please do not book any health services)
<b>Tuesday 01/19/2010</b>	7:00 AM	8:00 AM	Breakfast
	8:00 AM	9:00 AM	Hike
	9:30 AM	12:30 PM	Workshop
	12:30 PM	2:30 PM	Lunch (Optional Massage Services)
	2:30 PM	5:00 PM	Workshop
	5:00 PM	9:30 PM	Goddess Surprise (please do not book any health services)
<b>Wednesday 01/20/2010</b>	7:00 AM	8:00 AM	Breakfast
	8:00 AM	9:00 AM	Hike
	9:00 AM	12:00 PM	Closing
	1:00 PM	1:30 PM	Checkout

**The above schedule is subject to change at the discretion of the faculty.**

I would recommend booking your Massage Services in advance due to your busy schedule. Times fill up very early. Please only book the times available on your schedule. Please email: [loritera@hawaii.edu](mailto:loritera@hawaii.edu) or call: 808.984.3420 to book your massages.

I look forward to sharing with you and watching you restore, reclaim, and rejoice as you **Release the Goddess Within!** Come prepared for laughter, tears, and sweat.

Tuesday night is opening night, please attend.

Please remember to bring these items:

- 1) sarong or cotton skirt
- 2) sturdy hiking shoes
- 3) 3 and 5 lb. free weights (dumbbells also available to rent for week - \$20 for two-four pound weights)
- 4) outdoor yoga blanket and yoga mat
- 5) sunscreen and mosquito repellent
- 6) Swimsuit
- 7) Lightweight rain poncho (just incase)

Thank you for your participation. Should you have any questions or need additional information, please feel free to email **Lori Teragawachat**: [loritera@hawaii.edu](mailto:loritera@hawaii.edu) or call (808) 879-7505 and also be sure to visit [www.BootCampforGoddesses.com](http://www.BootCampforGoddesses.com).

Blessings,

Sierra

Maui Community College, is a small college in the heart of Maui and is part of the University of Hawaii System of Colleges We have 3000 credit students and approximately 6,000 continuing education students attending our classes. The Office of Continuing Education and Training is hosting the Boot Camp for Goddesses® at a beautiful, lush tropical retreat in Huelo on the North Shore of Maui.

The retreat is a 7- acre property with a 60 ft. chemical free, salt-water swimming pool, sauna, hot tubs, and spectacular views overlooking Haleakala Mountain crater, a 200 ft. waterfall and cliffside ocean views of 30 miles of untouched Hawaiian coastline.

This retreat is the perfect place to awaken the Goddess within. Join us as we reclaim, restore, rejoice and break through to new levels of fitness—physically, emotionally, mentally and spiritually.

Aloha,

Lori Teragawachat

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