

# BOOT CAMP

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**GODDESSES.**

Dear Goddess,

Here is your schedule of the week's activities for your course **"Boot Camp for Goddesses®"** with Sierra Bender on April 16-21th 2011. It will definitely be a life changing week and one to remember. You will redefine fitness, beauty and power.

Day & Date	Start Time	End Time	Description
<b>Saturday 4 /16/11</b>	7:00 PM	9:30 PM	* Boot Camp for Goddesses opening night <b>(please attend)</b>
<b>Sunday 4/17/11 Monday 4/18/11</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 (Spa & Health Services)
	2:30 PM	6:00 PM	Workshop
	6:00 PM	7:30 PM	Dinner (Spa & Health Services)
<b>Tuesday 4/19/11</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 (Spa & Health Services)
	2:30 PM	4:30 PM	Workshop
	5:30PM	10:00 PM	Goddess Surprise (please do not book any health services)
<b>Wednesday 4/20/11</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 (Spa & Health Services)
	2:30 PM	5:00 PM	Workshop
	5:00 PM	9:30 PM	Goddess Surprise (please do not book any health services)
<b>Thursday 4/21/11</b>	7:00 AM	8:00 AM	Breakfast
	8:00 AM	12:00 PM	Closing

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

I would recommend booking your Spa Services in advance due to your busy schedule. Times fill up quickly. Please only book the times available on your schedule. For reservations contact

***Goddess International Inc @ 1 888 794-3330.***

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

***Saturday night is opening night, please attend.***

**Please remember to bring these items:**

- 1) sarong or cotton skirt
- 2) sneakers
- 3) 3 and 5 lb. free weights
- 4) outdoor yoga blanket and yoga mat
- 5) beach towel
- 6) bathing suit

Thank you for your participation. Should you have any questions or need additional information, please feel free to call Goddess International Inc @1888 794-3330, email [Sierra@SierraBender.com](mailto:Sierra@SierraBender.com) or visit [www.BootCampforGoddesses.com](http://www.BootCampforGoddesses.com).

Blessings

