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Dear Goddess,

Here is your schedule of the week's activities for your course "Boot Camp for Goddesses" with Sierra Bender June 1-6, 2008. It will definitely be a life changing week and one to remember.

Day & Date	Start Time	End Time	Description
Sunday, 06/01/08	7:00 PM	7:30 PM	The Crossings' Orientation* * Boot Camp for Goddesses opening night (please attend)
	7:30 PM	9:30 PM	
Monday, 06/02/08 Tuesday 06/03/08	7:00 AM	8:00 AM	Breakfast
	8:15 AM	9:00 AM	Hike
	9:30 AM	12:30 PM	Workshop
	12:30 PM	2:00 PM	Lunch (Spa & Health Services)
	2:00 PM	5:30 PM	Workshop
	6:00 PM	7:30 PM	Dinner (Spa & Health Services from 5:45 pm on)
Wednesday, 06/04/08	7:00 AM	8:00 AM	Breakfast
	8:15 AM	9:00 AM	Hike
	9:30 AM	12:00 PM	Workshop
	12:00 PM	2:00 PM	Lunch (Spa & Health Services)
	2:00 PM	5:00 PM	Workshop
	5:00 PM	10:00 PM	Goddess Surprise (please do not book any health services)
Thursday, 06/05/08	7:00 AM	8:00 AM	Breakfast
	8:15 AM	9:00 AM	Hike
	9:30 AM	12:00 PM	Workshop
	12:00 PM	2:00 PM	Lunch (Spa & Health Services)
	2:00 PM	5:00 PM	Workshop
	5:00 PM	9:30 PM	Goddess Surprise (please do not book any health services)
Friday, 06/06/07	7:00 AM	8:00 AM	Breakfast
	8:15 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 very early. Please only book the times available on your schedule. Please call toll free 866-533-2318 daily, 9:00 a.m. to 7:30 p.m. (CT).

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.

Sunday night is opening night, please attend.

Please do not forget 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 from The Crossings' life store)
- 4) outdoor yoga blanket and yoga mat

Thank you for your participation. Should you have any questions or need additional information, please feel free to email me at sierra4bodyfit@aol.com or visit www.bootcampforgoddesses.com.

Blessings,

Sierra

* Please note that The Crossings Orientation is not mandatory. However, the orientation session provides useful information to enhance your stay. Whenever possible, plan to arrive in time to check in, get settled, and eat before the orientation.

You've received this information via email as one of many steps we take to ensure we are a green company! However, if you would prefer to receive your information via postal mail, please don't hesitate to give us a call at 1-877-944-3003 and let us know.