

EL NUEVO DÍA
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Recover Your Feminine Energy

Consultant Sierra Bender Offers Workshops on the Island

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Often times, things happen like this; a tragic event provokes a positive transformation. This was the case with Sierra Bender. At 32 years of age, she was on the verge of death due to an ectopic pregnancy.

Having survived that signified a change of lifestyle was necessary. Once recovered from her physical pain, she embraced her inner conscious. She became dedicated to exploring alternative methods to recover from a longstanding depression.

She visited indigenous reservations within the United States. She has traveled to the far corners of India and the Amazon, where she absorbed the knowledge of traditions and models of natural healing passed down from generation to generation.

Upon her return to the United States, she was confident that she had found what she was in search of. With the new found experience, she created the training known as “Boot Camp for Goddesses®”, BLANK primordial the goal is to reach a balance and understanding of the four bodies: mind, body, emotion, and spirit.

This workshop, which is offered through Thursday for the first time in Puerto Rico, incorporates the physical exercise, meditation and the creative tools for bodily movement to harmonize ones body). The participants also practice activities that help them reconnect with what is known as their most important mother nature.

Women from the United States, Australia, Mexico and Europe, among other reaches of the world, have practiced these techniques from Bender, who is certified as a holistic nutritional consultant, masseuse, personal trainer, and energetic healer.

“At first they arrive skeptical or confused, but by the end of the process, they show confidence, in touch with ones nature. They aren’t looking for approval. They are confident in what they need to do”, assures Bender.

In her new book, recently introduced to the island titled: “*Goddess to the Core, An Inspired Workout to Maximize your Fitness, Beauty & Power*”, the instructor speaks of her own experiences. She also offers the integrate look for challenging and setting goals to maintain ones health and form.

This instructor will return in October to offer a certified course in this method.

Additional information can be found at www.sierrabender.com

Certification for Yoga Instructors

If you're looking for a radical change of life, work with the community, reinvent yourself or experiment a new form of nutritional spirit, yoga may be an option.

Samadhi Yoga Institute, in Santurce Costa Rica made a calling to certify instructors to meet and exceed the requirements of Yoga Alliance. The workshops- aside from the basics principles of discipline, other aspects such as kinesiology and Ayurveda- the students are prepared to teach classes in the discipline of Vinyasa and restorative yoga.

The course culminates with several demonstrations of personal growth, such as "fire walking" or walking on hot embers. This 200 hour course collaborates with a team of certified professionals with vast experiences in all areas who are managed by the yoga instructor with 17 years of practice and the director of Samadhi Yoga Institute, Lizelle Arzuaga.

For additional information call (787) 721-8420 or visit www.yogapr.com

Anxiety that just won't go away

If you're constantly contradicting your actions, have irrational worries in regards to everyday events and suffer from anxiety or fear without cause, you could be a victim of anxiety disorder.

According to the American Psychological Association, these types of disorders are divided into the following categories:

Panic disorder: Panic attacks are characterized by a sudden rush of fear, usually accompanied by a pounding heart, shortness of breath, a choking or suffocating sensation or other physical symptoms. They often occur in response to a stressful situation or during a period of chronic emotional stress.

Generalized anxiety disorder: Generalized anxiety disorder (GAD) is an anxiety disorder that is characterized by excessive, uncontrollable and often irrational worry about everyday things that is disproportionate to the actual source of worry.

Social phobia: an anxiety disorder in which a person has significant anxiety and discomfort related to a fear of being embarrassed, humiliated, or scorned.

Obsessive compulsive disorder: An anxiety disorder in which a person suffers from obsessive thoughts and compulsive actions, such as cleaning, checking, counting, or hoarding. The person becomes trapped in a pattern of repetitive thoughts and behaviors that are senseless and distressing but very hard to stop.