



# the mother daughter bond

In the market for a workout buddy? Look no further than your mom. While getting fit and centered, these five pairs of mothers and daughters enhanced their relationships.

BY SARA REISTAD-LONG

## KINDRED SPIRITS CAROL HOLT MASTERS AND KATHY HOLT RICHARDSON

A goddess retreat wasn't necessarily what Kathy Holt Richardson had in mind when she decided to get away from it all. Being grounded was a source of pride for the 38-year-old law school graduate and mother of three; getting in touch with her inner deity wasn't on the agenda. However, she'd committed to getting fit, and [Sierra Bender's Boot Camp for Goddesses](#) in Austin, Texas, came so highly recommended, she decided to check it out. In the process, Kathy discovered a whole new avenue for physical exercise—a transformative one. She returned home from an intense week of yoga, hiking, and meditation feeling fit and self-assured enough to fulfill her dream of founding her own legal search firm. "I made so many positive changes in every

area of my life, and I wanted to give my mother the same experience," she says. In January 2007 she signed up her mom, Carol Holt Masters, a 64-year-old retired San Antonio nurse, for her own retreat.

For Kathy, one of the most significant parts of the boot camp was participating in a sweat lodge ceremony, a traditional Native American cleansing ritual meant to put you in touch with your inner spirit. Mother and daughter share a Cherokee ancestry, but at the time they knew very little about those roots. The sweat lodge had such a profound effect on Kathy that when it was Carol's turn to experience it, Kathy drove up to the camp to join her. "Coming out of the ceremony, we felt a powerful spiritual connection to each other," says Carol. The experience was so moving, the pair signed up for a second goddess boot camp.

On that trip, Carol and Kathy spent a week hiking, practicing Kundalini and hatha yoga, and meditating. For both of them, connecting on an emotional level—sharing the sweat lodge ceremony and keeping each other calm while sleeping in a tepee during a thunderstorm—was as rewarding as the physical benefits. "We strengthened our relationship," says Carol. "Finding a spiritual path to fitness helped us see that we're truly on a journey together."

