



Dear Goddess,

Here is your schedule of the week's activities for your course **"Boot Camp for Goddesses®"** with Sierra Bender on April 19-24th 2010. 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
Monday 4/19/10	7:00 PM	9:30 PM	* Boot Camp for Goddesses opening night (please attend)
Tuesday 4/20/10 Wednesday 4/21/10	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)
Thursday 4/22/10	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)
Friday 4/23/10	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)
Saturday 4/24/10	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

Casa Grande Mountain Retreat 1-888-343-2272.

Transportation: to and from airport is provided by Mr. Alfredo Torres
Telephone No.(787) 502-3964. This is not included in workshop.

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.

Monday 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
- 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 call Goddess International Inc @1888 794-3330, email Sierra@SierraBender.com or visit
www.BootCampforGoddesses.com.

Blessings

