

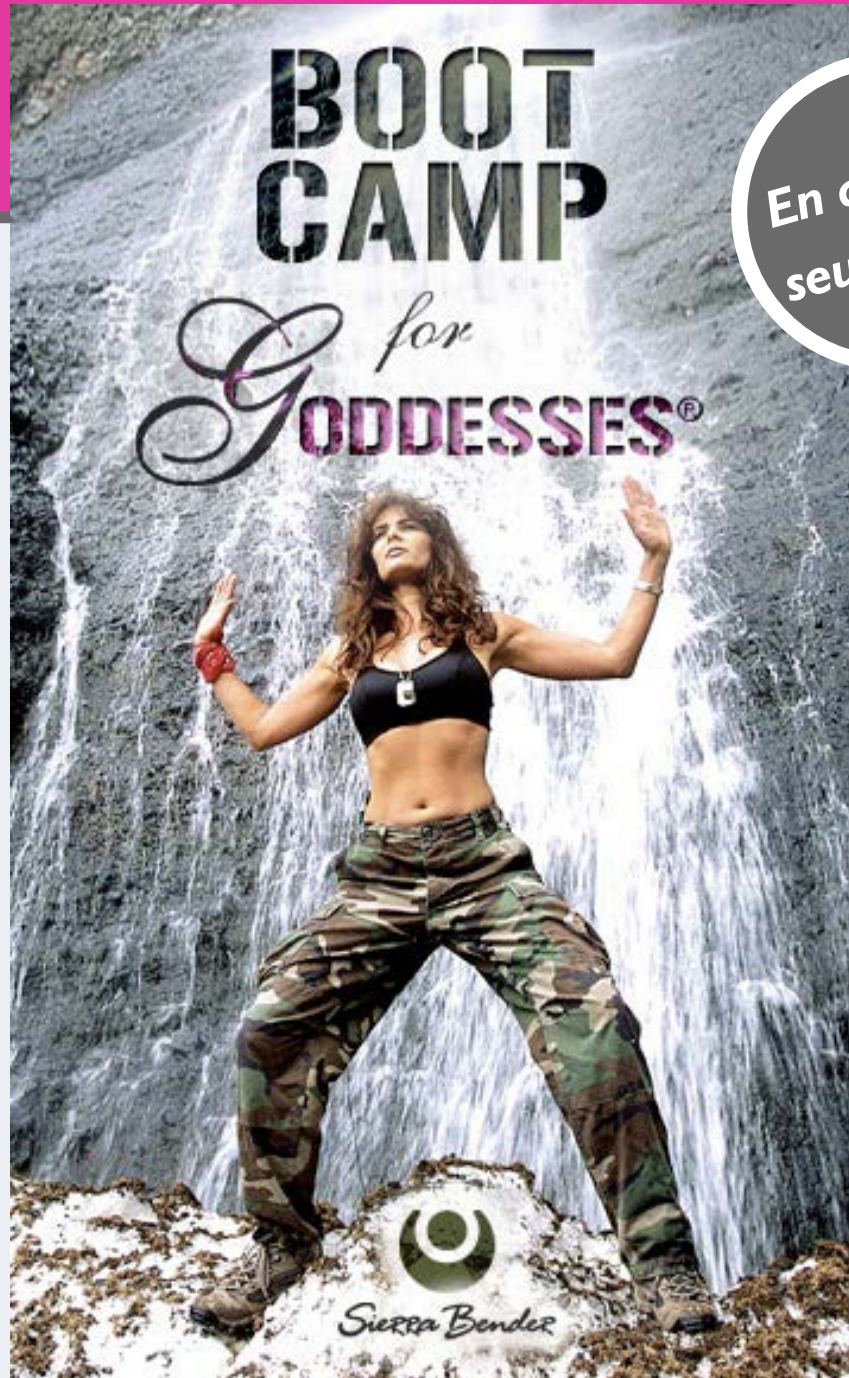
Investissement: 850\$ par personne

(400\$ de dépôt au moment de la réservation, le solde payable le 15 juin 2015)

Comprend les 6 jours de formation du 31 août au 5 septembre
en moyenne de 8h à 18h plus certains soirs jusqu'à 22h

Un forfait sera disponible pour les nuitées et repas sur demande.

Seulement 16 lits disponibles sur place, à partir de 100\$ par jour seulement incluant nuitée et 3 repas santé!



En anglais
seulement

LEVEL I: THE AWAKENING

REDEFINES FITNESS, BEAUTY, & POWER FOR THE 21ST CENTURY WOMAN

Unleash the Goddess Within! Boot Camp for Goddesses® is an international renowned life altering experience and inspiring week retreat where women of all backgrounds leave behind life's demands and expectations and return to their true Goddess nature. It's a chance to reclaim, restore and rejoice in their magic, mystery, strength and inner beauty.

EMPOWERMENT – LEADERSHIP – ENTREPRENEURSHIP

Boot Camp for Goddesses® utilizes the Sierra Bender Empowerment Method ('SBEM') a 4 Body Fit clinically proven and measured system by the Department of Psychology at American University, Washington D.C. since 2010. The remarkable results recognized:

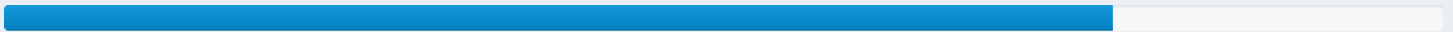
- Increase in Power 93%



- Increase in Self-Esteem 87%



- Increase in Righteous Anger 77%



- Increase in Community Activism 70%



- Increase in Control 50%



The 'SBEM' is a medical and holistic system to help break through to new levels of empowerment and well being -physically, emotionally, mentally and spiritually-for women and girls at all levels of physical fitness. As a result of implementing the 'SBEM', a new vital personal core power is developed and revealed.

Read more about the 'SBEM' clinical studies ([link](#))

A WOMEN'S WORKSHOP OF LAUGHTER, TEARS, AND SWEAT

Nestled deep inside the stunning, natural beauty of the great outdoors you'll find a safe haven to explore and embrace your truth. You'll find your joy, strength, grace, wholeness, and perhaps a few tears. Most of all, you'll relax into that sacred place inside you where everything is still, questions are asked, and answers are found: the place of self-love.

RECLAIM – RESTORE – REJOICE

Explore the nature of the Goddess in legend, lore, and daily life to help awaken your Core Female Power™ sculpt your shape, strengthen the immune system; halt the aging process; rejuvenate the body, clear the mind, release pent up emotions, burn fat, contour muscles, energize the spirit, sooth the soul and enhance your level of physical fitness and beauty.

INSIDE OUT WORKOUT

Immerse yourself in hiking, yoga, fitness, detoxification, meditation, breath work, aromatherapy, energy healing, African drumming, dancing, a Native fire ceremony, and the Goddess to the Core® Inside Out Workout, (including weight training, yoga, exercise bands) as well as discussions on women's health, nutrition, and healing. You will be surrounded by the greatest Goddess of all – our most powerful feminine energy – Mother Nature.

THROUGHOUT YOUR HIGH-SPIRITED WEEK OF ADVENTURE, COURAGE AND EFFORT YOU WILL:

- Discover your four levels of holistic total fitness and health.
- Ignite your core strength for healing and empowerment
- Take command of your space, mind, body, spirit, and emotions
- Release pent-up emotions and sweat stress away eliminating unhealthy thought patterns and beliefs, and have fun doing it
- Explore your inherent female traits of mystery, magic, balance, wisdom, and inner beauty
- Learn to hear, trust, and follow your intuition and body intelligence
- Honor the balance that exists between being and doing
- Learn a new discipline of strength—the strength to let go
- Explore what it means to meet your needs and strive for your own goals
- Be motivated by the Goddess to the Core® Inside Out Workout to Love your body not punish it and effectively reach your fitness goals
- Utilize indigenous practices and holistic wisdom to connect deeper to the eternal vitality and healing force of the earth and the source of Love.

REVITALIZE YOUR SENSUAL AND SEXUAL NATURE AND RADIATE A LUMINOUS GLOW OF BEAUTY-INSIDE AND OUT.

*** CE CREDITS AVAILABLE ***

WOMEN 18-75 AT ALL FITNESS LEVELS AND WALKS OF LIFE HAVE EMPOWERED THEMSELVES.

THE TIME IS NOW TO PUT YOUR FEMALE SPIRIT INTO ACTION

5 NIGHTS & 6 DAYS RETREAT

Goddess Up!®

