

OMEGA

Rhinebeck, New York

Dear Student,

You are registered for course # 3605-841, "Boot Camp for Goddesses® Level 1: The Awakening: A Women's Workshop of Laughter, Tears & Sweat" with Sierra Bender on August 9-14, 2009.

Faculty asked us to forward the note and schedule below to each of you. The below schedule is subject to change at the discretion of the faculty.

We look forward to seeing you this summer!

Sincerely,

The Omega Staff

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Dear Goddess,

Below is a brief schedule of the week's activities. It will definitely be a life changing week and one to remember.

I would recommend booking your *Spa & Health Services* in advance due to your and *Omega's* busy schedule. Please only book the times available on your schedule.

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.

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)
- 4) an outdoor blanket and pillow for yoga
- 5) a journal

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

Awakening the Best in the Human Spirit

Schedule for BOOT CAMP FOR GODDESSES with Sierra Bender
SM09-3605-841
August 9-14, 2009

Sunday, August 9th

7:30PM-9:30PM Program Opening Night

Monday, August 10th

7:00AM-8:00AM Breakfast

8:00AM-9:00AM Hike

9:30AM-12:30PM Program

12:30PM-2:00PM Lunch and a good time to schedule your Wellness appointments

2:00PM-5:30PM Program

5:30PM Dinner begins at 6:00 PM; a good time to schedule your Wellness appointments

Tuesday, August 11th

7:00AM-8:00AM Breakfast

8:00AM-9:00AM Hike

9:30AM-12:30PM Program

12:30PM-2:00PM Lunch and a good time to schedule your Wellness appointments

2:00PM-5:30PM Program

5:30PM Dinner begins at 6:00 PM; a good time to schedule your Wellness appointments

Wednesday, August 12th

7:00AM-8:00AM Breakfast

8:00AM-9:00AM Hike

9:30AM-12:30PM Program

12:30PM-2:30PM Lunch and a good time to schedule your Wellness appointments

2:30PM- 4:30 PM Program

5:30PM-9:30PM Program & Dinner (please do not book Wellness appointments during this time)

Thursday, August 13th

7:00AM-8:00AM Breakfast

8:00AM-9:00AM Hike

9:30AM-12:00PM Program

12:00PM-2:00PM Lunch and a good time to schedule your Wellness appointments

2:00PM-4:30PM Program

6:00PM-9:30PM Program & Group Dinner (please do not book your Wellness appointments during this time)

Friday, August 14st

7:00AM-8:00AM Breakfast

8:00AM-9:00AM Hike

9:00AM-12:00PM Program