

Boot Camp for Goddesses brings out the female spirit

Sierra Bender, creator of the national and international women's retreat, Boot Camp for Goddesses, will be back at Comfort Zone Yoga in Lewes to conduct a Female Spirit in Action workshop, Yoga 4 Goddesses, Friday through Sunday, Aug. 22-24.

According to Bender, the Female Spirit in Action explores the nature of the goddess in legend, lore and daily life to help women awaken their power and purpose and unleash the wild woman within. The ultimate goal, she said, is to reacquire oneself with the value of being a woman and to relearn how to embody, embrace and celebrate that gift.

The five Female Spirit In Action workshops, which Comfort Zone Yoga will host during the upcoming year, are designed as a

cohesive whole, but each session also stands alone as a complete program. During each day, participants will dive into the subject matter, and each night they will honor and integrate what they've learned with a celebratory ritual.

THE FEMALE SPIRIT IN ACTION EXPLORES THE NATURE OF THE GODDESS IN LEGEND, LORE AND DAILY LIFE TO HELP WOMEN AWAKEN THEIR POWER AND PURPOSE AND UNLEASH THE WILD WOMAN WITHIN.

- SIERRA BENDER

The five workshops include the following seminars: Invigorating the Soul of the Goddess - Remember, Embody and Celebrate the Value of Being a Woman; Worrier or Warrior? - Learn To Be Victorious and Courageous, not Victimized and Compromised; Yoga 4 Goddesses - Unlock the Mystery, Magic and Wisdom of Your Body; The 4 Body Fit Approach to Whole Self Health Care - Redefining Fitness for the 21st Century Women; and Going Green, What Does It Mean? - Mother Earth Is Not a Fashion Statement.

Each workshop is open to women of all fitness levels, stages and ages.

Activities over the course of the series include African drumming and dancing, archery, aromatherapy, belly dancing, chanting, energetic healing, sweat lodge purification ritual, singing, weight workouts, yoga, nutrition and more.

Over the course of the next year, Comfort Zone Yoga will be offering Bender's Female Spirit in Action programs Worrier or Warrior Oct. 10-12, and The 4 Body Fit Approach Feb. 21-23, 2009.

Bender is certified as a Prana yoga teacher, Kripalu yoga teacher, Kripalu bodywork, mas-



SIERRA BENDER will be back at Comfort Zone Yoga in Lewes to conduct a Female Spirit in Action workshop, Yoga 4 Goddesses, Friday through Sunday, Aug. 22-24.

eat local.
taste fresh.

- U-Pick Blueberries and Flowers
- Peaches • Tomatoes
- Raspberries
- Melons • Lopes & much more!

Mon-Sat 7-7 • Closed Sunday
2700 Coastal Hwy, Dewey Beach
(302) 227-8680
fiferorchards.com

Visit Sierra Bender at: www.bootcampforgoddesses.com
Visit Comfort Zone Yoga at: www.comfortzoneyogacenter.com

sage therapist, personal fitness trainer, medical intuitive and energetic healer.

She is also trained in exercise physiology, nutrition, aromatherapy, menopausal health, addictions and abuse.

Her retreats are international and clients include celebrities, Olympic and professional athletes as well as Wall Street and Fortune 500 CEOs.

For details, call 570-994-0014. All workshops require preregistration. For those who register

with a deposit by Friday, July 25, the program fee is \$250. After July 26, the program fee is \$275. Register prior to July 25 with a family member and the fee is \$225 per person. Registrations are due by Friday, Aug. 8.

Pru Gallo Realtors to distribute flags

Prudential Gallo Realtors George Thomasson and Stefanie Davis will be distributing American flags to residents of Country Club Estates Friday, July 4. "It's a terrific way to help kick off the fun and excitement of the Fourth here at the beach," said Thomasson.

"Residents of the community will be able to discover their patriotic hand-held flags in plenty of time to get into the spirit," Davis said.

Welcome to Our Neighborhoods . . .

"Distinctive Homes . . . Quiet Country Setting"

Luxury Single Family Homes on 3/4 Acre Homesites!
Those who value space and privacy will appreciate these luxury homes, tastefully situated in beautiful natural surroundings. Only minutes from Delaware beach resorts, homeowners have convenient, easy access to beaches, restaurants and shopping. Look forward to coming home to the peaceful quiet countryside at River Rock Run in historic Milton, DE.
Starting in the \$240s • (302) 645-0731

Directions: From Lewes, take Rt. 1 north 4 miles. Turn west on Eagles Crest Road (Rd. 264), then turn left at stop sign on Hudson Road. Sales office is 3/10 mile on right.

"You Can't Find a Neighborhood This Nice at This Price"

Condominiums, Villas and Single Family Homes!
This unique community is receiving rave reviews by those looking for an affordable choice in maintenance-free living. Hearthstone Manor is one of Country Life Home's family of neighborhoods built upon those timeless values of quality, convenience, ease and security. Located in Milford, Delaware, it's just minutes away from area beaches.
Starting in the \$140's • (302) 422-9466

Directions: Rt. 1 to Milford. Turn west at Junction 30 (Wilkins Rd.). Go through first stop sign. Hearthstone Manor is 3/10 mile on the right. Follow signs to sales office.

"This Is Where You Want To Be"

Maintenance-Free, Single-Level Beach Living!
These Villas are by far the most affordable, stylish and roomy you'll find this close to Rehoboth Beach. It's the best beach hideaway where you can make lots of memories and leave your worries behind.
From the \$230s • (302) 645-2727

Directions: from Route 1, turn west on Rt. 24, at second light, turn right on Plantations Road (Rd. 275). Woods Cove will be on your right.

LOCAL NEIGHBORHOOD DESIGN CENTER

Conveniently located within minutes of all our neighborhoods, we provide one-stop shopping for all your interior selection needs! Our design consultants will guide you smoothly through the selection process so you can personalize your new home with your own unique style.
14701 Coastal Highway • (302) 644-4677

Visit us on the web at
countrylifelifehomes.com