

Goddess to the Core® Women's Empowerment Workshop Comes to Central Ohio

by Susan Post

Sierra Bender teaches women to embrace the power and true gifts that come with being female. Through the Sierra Bender Empowerment Method (SBEM), she encourages woman to stop feeling as though they must emulate men and instead be themselves.

Bender's workshops draw from the SBEM multi-modal approach to health and empowerment. Her programs address a woman's strength physically, emotionally, mentally and spiritually.

Physically - Strong Inside & Out

Access the Goddess Warrior within by taking command of your space and claiming your core female power.

Emotionally - Intelligent & Self-Confident

Release pent-up emotions and baggage, lose weight, sweat your stress away and have fun doing it! Build your core inside and out.

Mentally - Focused & Calm

Being fit is not just physical. Understand what you are doing, why you are doing it and how it is affecting you. Receive the benefits of your workout; prevent and heal addictions, trauma, depression, anxiety, migraines, heart disease, menopause, cancer, osteoporosis and more.

Spirituality - Connected & Sense of Self

An empowered woman is one who is comfortable in her own body physically, emotionally, mentally, spiritu-

ally and sexually.

The Central Ohio installment of the Goddess to the Core® workshop will be held at the Greater Columbus Convention Center from 9 a.m. to 6 p.m., October 25 and 26. During the event, attendees will participate in yoga and fitness practices that take a holistic yet medical approach on how to strengthen one's core from the inside out. Other activities, like board breaking, will allow women to feel the positive psychology of breaking through a belief system that is no longer of service to them.

"They are going to walk away feeling refreshed, relieved, re-energized; feeling really strong on the inside yet soft on the outside," Bender says. "They are going to feel that for the first time in their life that they have been given permission to be all that; to be bold, beautiful and brainy."

Many women hold back for fear of being "too much." Instead, Bender wants women to embrace all that they are and find what they truly need. Her methods help women take a deeper look at all of their actions - what are they doing and why are they doing it - and eliminate those that no longer serve them well. Women learn to act in a way that takes them closer to their higher selves.

When a woman becomes the leader of taking care of herself, everybody benefits. Bender points out how women often put everyone else first, but in reality when a woman is healthy and in tune with her actions, she can better help others.

"It's totally changed their whole

life and it has this ripple effect," Bender says of her clients' experiences.

The experience is backed by research. Since 2010, the SBEM has been studied by the American University Department of Psychology in Washington, D.C. Results reveal that one weekend of participation in the SBEM significantly improves a woman's self-esteem, power, autonomy, community activism, "righteous anger" and mindfulness. Participants saw a:

- 87 percent increase in self-esteem
- 93 percent increase in power
- 70 percent increase in community activism and leadership
- 50 percent increase in levels of optimism and beliefs that they hold control over their future
- 77 percent increase in "righteous anger"

One of Bender's favorite principles is the increase in "righteous anger," meaning to be victorious and courageous, not victimized and compromised.

"[Women] have the right to be angry because of the injustice of what has happened to the feminine in our society," she says, speaking to the statistics of abuse, domestic violence, breast cancer and heart disease facing women. She encourages women to claim their right to be angry versus holding everything internally, and it is a step on the path to each woman figuring out what serves her best. As Bender says, "When a woman becomes empowered and understands her worth as a woman, those statistics actually drop."

Registration must be completed by Wednesday, October 8. The first 20 women to register will receive a goddess gift bag. Cost to attend: \$375. Location: 400 N. High St. For more information, or to register, visit SierraBender.com. See ad, page 13.

Susan Post is a freelance writer and editor based in Columbus. She enjoys writing about her city and the people and places that make it special. Contact her at Susan.Post.75@gmail.com.

contestwinner

We would like to extend our gratitude to all who participated in the *Natural Awakenings* "Natural Empowerment" photo September enter-to-win contest.

Congratulations to Jessica Stopp for her winning photo entry that shares how a *Natural Awakenings* lifestyle empowers her daily life.

"Here is my *Natural Awakenings* lifestyle photo collage. I am empowered by relationships, real food, natural medicine and yoga. As a holistic health coach, I empower my community and friends by teaching the importance of self-care, relationships, nature and staying true to our unique spirituality. I would love the chance to learn from Sierra Bender and go deeper into myself while connecting with amazing women. My experience with Sierra will be something I will take with me personally, and professionally into my practice, for a lifetime. Thank you for your consideration!! Love & Light, Jessica Stopp"



Register Today!
SIERRABENDER
.COM

GODDESS TO THE CORE®

2 Day Boot Camp & Life Altering Experience
with Sierra Bender ~ Author & Presenter

October 25 & 26, 2014
Saturday & Sunday 9:00am-6:00pm

Greater Columbus Convention Center

Self-Investment: \$375.00

Includes *Goddess to the Core*® Book & Supplies
Goddess Gift Bag (\$50 value)

to the first 20 women registered by September 22, 2014
For women of all ages & fitness levels.

Sponsored by:



Awaken Your Inner Light

For more info, please contact your Goddess Tribe Leader & Hostess:

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AS SEEN ON:



SHAPE



CMT