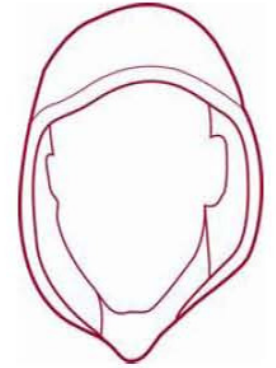




THE DIFFERENCE



BERMUDA

8 DAYS. WITH ROLAND. IN BERMUDA.

- STRENGTH TRAINING • MUAY THAI BOXING • BODY ISOLATIONS •
- INTERVAL TRAINING • DYNAMIC, STATIC + PNF STRETCHING •
- NUTRITIONAL GUIDANCE + SUPPLEMENTATION • L3 (LONG, LEAN + LITHE) •
- PROPER + BENEFICIAL FOOD PLANNING + PREPARATION • ACCOMODATION • MEALS •
- STRESS RELEASE METHOD • MASSAGE • SPA TREATMENTS •

LEARN THE ESSENTIAL SKILLS NECESSARY TO BE SUCCESSFUL IN SUPERCHARGING THE AREAS OF YOUR LIFE WHERE YOU CONSTANTLY HAVE OR COME ACROSS OBSTACLES.

PHYSICAL, MENTAL, AND EMOTIONAL TRANSFORMATION INCLUDED.

RESULTS.

NOVEMBER 26th- December 5th, 2009:

ARRIVE NOVEMBER 26TH.

EXPERIENCE *THE DIFFERENCE* NOVEMBER 27TH- December 4th.

DEPART TRANSFORMED December 5TH.

SPACE LIMITED TO 14 PEOPLE. 6 SPOTS ALREADY TAKEN. SPEAK TO RECEPTION FOR DETAILS.

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