

"T"RANSFORM



The Transformation Times Newsletter

The official newsletter of the DreamBody Centre and Suhail Algosaibi. Motivational Rants, Views and Politically Incorrect Opinions by Suhail Algosaibi. (CAUTION! Reading this might just transform your life!)



Elder Thomasini Confesses:

"I Love The DreamBody Centre because my results keep improving!"

Debut Issue!

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Hallo mein freund,

Welcome to the new look newsletter! This is the replacement of what has been called the “Zen-Do Times Newsletter” for about seven years! As you probably know, the Zen-Do Bahrain Kickboxing Club has been closed due to personal circumstances. And it doesn't make sense to call this newsletter the *Zen-Do Times* anymore.

I have to admit I've been struggling to come up with a good name. I've asked others for their input and I got several suggestions, here are some of them:

Body Bulletin

Suhail's Writeup

The Art of War

DBC Times

DBC Digest

Falak Gazette

Suhail AlgoSaibi Times

DBC Express

The Falak Monitor

The Radical Chronicle

There were many more, but none that I really liked. After much thinking and self-brainstorming I came up with the *Transformation Times*. Okay Okay, I know it's not the most earth shattering name in the world, but I think it accurately describes what I, and the DreamBody Centre are all about.

We are about transforming people's lives. So this newsletter is really about helping you make the mental, physical and spiritual changes (transformations) that help you become a better you, and a happier person all around. Make sense?

The content won't change much. It will be the usual mix of updates, motivational wisdoms, opinionated rants, motivational success stories, and random bits of interesting information. The average size will be eight pages as usual, with an occasional smaller four page one, and an occasional bigger 16 page one.

One more thing before I give you some news, I want to thank you from the bottom of my heart for all of your support over the years. god bless you. I hope we can continue our relationship-in-print for many years to come.

Time for some news...

About This NewsLetter

This is your FREE monthly newsletter courtesy of The DreamBody Centre (a brand owned by Falak Enterprises) and Suhail AlgoSaibi. It used to be called the **Zen-Do Times Newsletter**.

The DreamBody Centre is Bahrain's first and only 23-minute body transformation centre where you can get your DreamBody in just 23 minutes three times a week. For more information contact us below:

Tel: 17 613 352

Fax 17 613 358

www.DreamBodyCentre.com

About Suhail AlgoSaibi

Suhail is the founder of the Zen-Do Bahrain Kickboxing Club [closed in March 2011] and the DreamBody Centre. Suhail is also a blogger, speaker and consultant, and is the owner of Radical Marketing Consultancy. He specialises in giving business owners “radical” marketing tools, techniques and tips to help them explode their sales and multiply their profits. For more information visit RadicalMarketing.com.

Suhail is the publisher of this newsletter and author of Bahrain's very first self-defence book, *The Ultimate Self-Defence Handbook*. He is also co-author of the international self-improvement book, *101 Great Ways To Improve Your Life, Volume 2*. He's been featured in various national and international publications including Martial Arts Professional magazine. He's also been featured several times on television including Bahrain TV and international Indian satellite channel Jee Van TV.

Suhail is dedicated to helping people improve their health and fitness and transform their lives. For more updates from Suhail visit his blog, *Suhail AlgoSaibi's Radical dojo* at **SuhailAlgoSaibi.com**

Local Fitness Expert Gives Away FREE Patriotic Birthday Gifts!

How To Lose Weight, Tone Up, And Get In Shape In Just 23 Minutes - While Showing Your Love For Bahrain!

Dear friend,

Thirty eight years ago, on the 26th of May 1973, I was born to a Saudi father and a German mother, in the sleepy industrial city of Offenbach, in Hessen, Germany. The old cliché is true, time *does* fly!

I had a wonderful childhood in Riyadh, and came to Bahrain in 1985. I was twelve when we came here, and I have to say I loved growing up here. I'm very proud to call this wonderful land my home.

And like everyone else, I'm deeply saddened by the terrible crisis we went through recently. My heart bleeds for my adopted country and it's people. It will take us a long time to get over this, but I think we can and we will get over this crisis. If we as a society work hard together - and ignore the haters - we can rebuild Bahrain into a better and stronger society than it ever was. And it is with that in mind that I'd like to make my birthday offer to you:

Join the DreamBody Centre any time from now until the 21st of June 2011, and get the following FREE gifts:



1) A "Hope for Bahrain" poster.

I had this unique, glossy poster specially designed to reflect the current situation in Bahrain. There is shock, hurt and pain. But I think there can also be hope. Notice the different hands coming together? This represents the different sectors and sects of society working together on re-building the fabric of our society. It will take a lot of hard work, but I think it can be done. Get one of these posters FREE when you join this month (BD 9.375 value)



2) An "I love Bahrain" car sun shade.

What better way to keep away the summer heat than using an "I love Bahrain" car sun shade? Get one FREE as a gift from me (BD 4.750 value)



3) An "I love Bahrain" Key chain.

Yup, there's more! When you join you'll also get a FREE "I love Bahrain" key chain! (BD 2.900 value)



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Yup, there's more! When you join you'll also get a FREE "I love Bahrain" key chain! (BD 2.900 value)

Please note that these gifts have been custom-made and are not available anywhere else, and they are not for sale. You can only get them when you join the DreamBody Centre. Let me quickly add that I'll only give away **19 sets of gifts**, so you have to hurry! This is a once in a lifetime promotion, and will not be repeated again (I hope we never, ever go through such a crisis again). Who knows, these gifts might even become collectors items.

So don't hesitate, and call us now on **17 613 352** to reserve your gifts. Joining the DreamBody Centre will allow you to finally get your DreamBody - and you'll get some pretty cool gifts too!

Call us now on **17 613 352**.

God bless Bahrain!

“I’m So Happy At The DreamBody Centre!”

You might recognise Elder Thomasini from a previous issue of the Zen-Do Times. He was one of our success stories. He’s also been featured lately in some of our adverts.

39-year Old Brazilian Man Says The 23-Minute DreamBody Centre “is By Far The Fastest And Most Efficient Workout Session I Had Ever Tried!”

“In 23 minutes, we can have a combination of weight training and aerobic exercises, with the advantage it is dynamic and the equipment prevents you to get hurt.”



Elder Thomasini at 117 Kg and 18.5 inches 1/6 day later at the DreamBody Centre

At you smile and out of shape? Want to lose that ugly belly fat and finally look and feel great? Well, the DreamBody Centre can help! The DreamBody Centre is a unique place where you can literally get your “Dream Body” in just 23 minutes, 3 times per week. It is not a diet centre or clinic. You lose fat and tone muscles by training on specially designed circuit training equipment. This is called **The DBC Guaranteed 23 Minute Body Transformation Process**. This process will not put your health at risk, and has no harmful side effects. It consists of an effective fat burning process that works fast.

Elder Thomasini has lost 11.7 Kg and 15.5 inches of body fat at the DreamBody Centre. This is what Elder has to say about the DBC:

“My previous weight loss strategy wasn’t effective, the restrictions and the diets reducing food made me feel tired, without energy and suffer hours feeling hungry. Last September, when I completed 39 years, I decided to make some changes in order to get motivated and feel physically better. My wife suggested me to join the DBC arguing it could be convenient once it is in my way when I come back from work (in Saudi Arabia).

[...] From all exercises I experimented before, it is by far the fastest and more efficient workout session I had ever tried. In 23 minutes, we can have a combination of weight training and aerobic exercises, with the advantage it is dynamic and the equipment prevents you to get hurt.

I was skeptical in the beginning, it looks like 23 minutes is a very short time of workout, I decided to keep going, at the end it was part of my work now, I had to keep the discipline and be responsible for it. In the second week, I started to feel different, I started to feel some muscles (I didn’t remember) had, I could go to play tennis with my friends for 3 hours and still feeling good.

Everybody, at my work and friends, are saying me I look like a slim person with a toned figure. After this comments they ask me... What is the secret to lose weight in this way? and my immediate answer is DBC, a smart and pleasant gym I joined some weeks ago.”

Just like Elder, you can get your DreamBody too! To find out how the DreamBody Centre works, and how it can transform your body, call 17 613 352 now to activate your 7-day **FREE** trial.

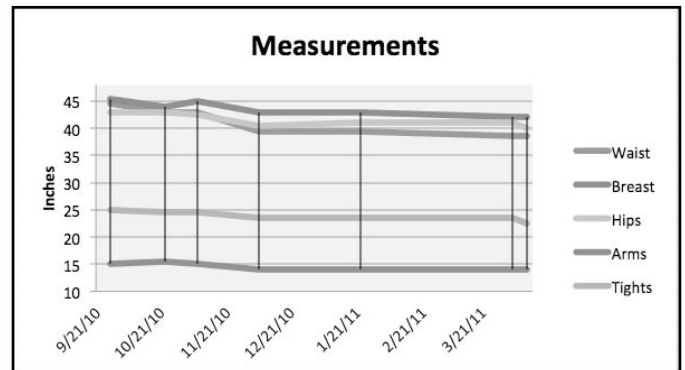
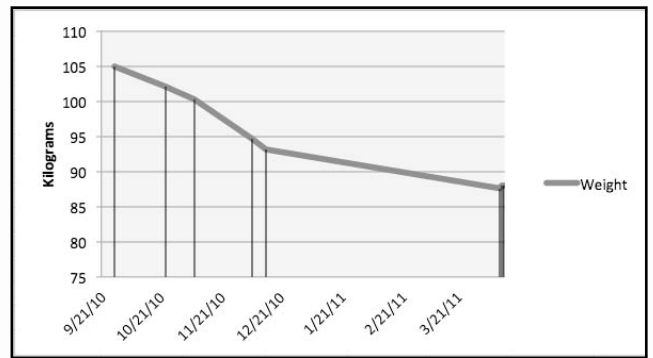
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Advertise from DBC had been done using my case.. I got very happy with that, and I would like to thank you and say it is an honor to me to know my experience could inspire others to join DBC.

Fortunately, I improved even more the measurements used in the magazine (those were from the end of december).

I made a small analysis of my measurements which I would like to share with you, please find it below.



Elder recently sent Saba Saleem, our Marketing and Operations Manager this email:

Last January you share with me the results for the 3rd competition and I got very happy for the announced winner. In addition, I loved to know about the person who won the car... :-) She really deserved that...

Maybe as I commented before, the competition was more a motivation factor than a goal I had to reach. Actually, main main goal was to reduce drastically my weight and tone my body to have another shape.. :-)

Based on that, I kept my discipline and my diet. In addition, I maintained my regular attendance at DBC after I came back from my vacations in the end of January.

In the beginning of this month I received a gift from DBC staff, it was a magazine where an

As per my Last Measurement on April 4th, 2011...

Thanks for the continuous engagement helping people to finally change their figures for better.. :-)

Best regards,
Elder Thomasini

Elder actually graphed his progress, isn't that interesting! As you can see, he continues to lose weight and inches of

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British Housewife Loses 16.5 kg and Stops Using Her Inhaler!

“Thank you so much DreamBody Centre for changing my life for the better.”

I wasn't in a happy place with myself and my weight. After the Summer holidays my Husband joined Dreambody Centre (DBC) and I went along with him to have a look. I was offered a 3 week free trial, wow I thought that was really good. After my very first session I loved the workout and knew it would work for me.

In January 2010 my doctor put me on an inhaler which I had to use each morning and night. When I went to see my Doctor after about 2 months at DBC he immediately noticed I had lost weight. This made me feel great as he had previously advised me to start exercising and to make things even better he also told me I no longer needed to use my inhaler. I was delighted at the good news and knew this was a result of going to DBC.

DBC is the best gym I have been to in Bahrain, I have tried many other gyms over the past few years but did not get the results I achieved at DBC in such a short period of time.

DBC has become part of my daily routine and I couldn't imagine my life in Bahrain without it. Thank you so much DBC for changing my life for the better. I am on the right road now and it won't be long until I have reached my final destination. I am looking so forward to that day, I can see it in the distance and cannot wait to reach it.”

- Michelle Larkin

www.DreamBodyCentre.com

This website contains a **FREE** weight loss report entitled “Body Fat Secrets Exposed.” Visit today.



Michelle Larkin lost 16.5 kg and 18.5 inches of fat from her body at the DreamBody Centre.

The Dream Body Centre is a unique place where you can literally get your “Dream Body” in just 23 minutes, 3 times per week. It is not a diet centre or clinic. You lose fat and tone muscle by training on specially designed circuit training equipment. This is called *The DBC Guaranteed 23 Minute Body Transformation Process*. This process will not put your health at risk, and has no harmful side effects. It consists of an effective fat burning process that works fast.

Just like Michelle, you can get your DreamBody too! To find out how the DreamBody Centre works, and how it can transform your body, call 17 613 352 now to activate your 7-day **FREE** trial.



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FREE
7-Day Trial

Call now!
17 613 352

fat from his body. And this in just 23 minutes, 3 times per week.

Well done Elder on your amazing success and thank you for sharing it with us. You're an inspiration to many my friend.

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Forgiveness Reflections...



I wrote a *lot* of blog posts during the recent crisis we went through in Bahrain, and it seems I upset a lot of people. Oh well, it can't be helped.

Allow me to share some thoughts I wrote about a few weeks back...

You know there's nothing like a crisis to prove the strength of a country – and it's people. We've just gone through what is probably this country's worse national crisis, and there are already several initiatives focused on healing the wounds in our society. I know of at least five, and am personally involved in one. I'm also considering launching a dedicated website to help the healing process.

I think it's now time to focus on the future, on making Bahrain better and stronger than it was before. I know it's a **LOT** easier said than done, but now is the time to forgive. What's the point of continuing to play the blame game? It will never end. One thing that unites us all is our love for this country, so let's move forward.

So where should one start? With one's self.

And I'll start with me.

I know I have a lot less to forgive than many others do, but I'd like to publicly announce that I wholeheartedly forgive those who've either angered me, insulted me, or disrupted mine and my family's normal life. Further, I'd like to apologise to anyone I've offended or upset during this crisis, and I ask you to forgive me. I'm truly, passionately sorry.

From now onwards, I'll make every effort to write only positive, forward-looking things that help heal the wounds, and rebuild trust in our society. If we all work on ourselves, Bahrain will heal in no time.

What forgiveness is and what it is not...

I've started reading Dr. Fred Luskin's book, *Forgive For Good*. Dr. Luskin has a PhD in counselling and health psychology, and is the founder and director of the Stanford Forgiveness Project. He actually teaches a course in forgiveness in Stanford. Imagine that!

I've only just read the first few pages so far, but I've already uncovered a few gems that I thought I'd share with you. First of all, Dr. Luskin defines forgiveness as "the experience of peace and understanding that can be felt in the present moment." It's not about forgetting completely what harm others have done to you.

So what is forgiveness?

According to Dr. Luskin:

- Forgiveness is for you and not the offender.
- Forgiveness is taking back your power.
- Forgiveness is taking responsibility for how you feel.
- Forgiveness is a trainable skill just like learning to throw a baseball.
- Forgiveness helps you get control over your feelings.

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- Forgiveness can improve your mental and physical health.
- Forgiveness is becoming a hero instead of a victim.
- Forgiveness is a choice.
- Everyone can learn to forgive.

What Forgiveness is NOT

- Forgiveness is not condoning unkindness.
- Forgiveness is not forgetting that something painful happened.
- Forgiveness is not excusing poor behaviour
- Forgiveness does not have to be an otherworldly or religious experience.
- Forgiveness is not denying or minimising your hurt.
- Forgiveness does not mean reconciling with the offender
- Forgiveness does not mean you have to give up your feelings.

Interesting, right? I look forward to reading the whole book. And I suggest you order the book as well. The more people that can forgive the more we can move forward. What's the point if hanging on to the hate? As Dr. Deepak Chopra said "holding a grudge is like drinking poison and hoping the other person dies."

I've contacted Dr. Luskin and he's tentatively agreed to do a workshop in Bahrain. I can't wait.

What's the point of hating?

Forgiveness is about making peace within yourself, and not letting the actions of others affect you and the way you think and behave. I'd rather focus on the future, not the past.

And I humbly ask you to do the same.

Will adding more hate really help matters? What kind of country do you want our children to live in? I keep hearing from both sides how "we will never forget...", you don't have to forget, but you can choose to forgive and let go. Forgiving does not mean forgetting. It means moving on.

Mandela Anyone?

The former South African President Nelson Mandela was arrested for 27 years! Let me repeat that for those intent on hating, *TWENTY SEVEN YEARS!* And he experienced it all: abuse, discrimination, hatred, torture, you name it. And he forgave! Further he helped turn his country into a model for others to follow. And you Mr. and Ms. Angry, you choose to fester in your hate - for a crisis that lasted a month. Shame on you.



I think it's now time for the moderates who have been silent during this crisis to step up and be heard. They should take the lead in rebuilding the social bridges that have been broken during this crisis. It has already started, but a lot more needs to be done.

Their efforts and voices must drown out the shouts of hatred and revenge. Only then can we hope for a better future for our children.

Thanks for taking the time to read this my friend, and talk to you soon.

Dedicated to yours, your family's and Bahrain's well-being,



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How To Communicate With Us

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Operations Manager. Email
saba.s@dreambodycentre.com.

Other Stuff

You can contact Eman, my PA on the same number above,
or email her at eman@ghazialgoSaibi.com

I don't take calls personally so please direct all enquiries to
any of the above persons, who are more than capable of
helping you.

Thank you for reading!