



# Zen-Do Times<sup>©</sup>



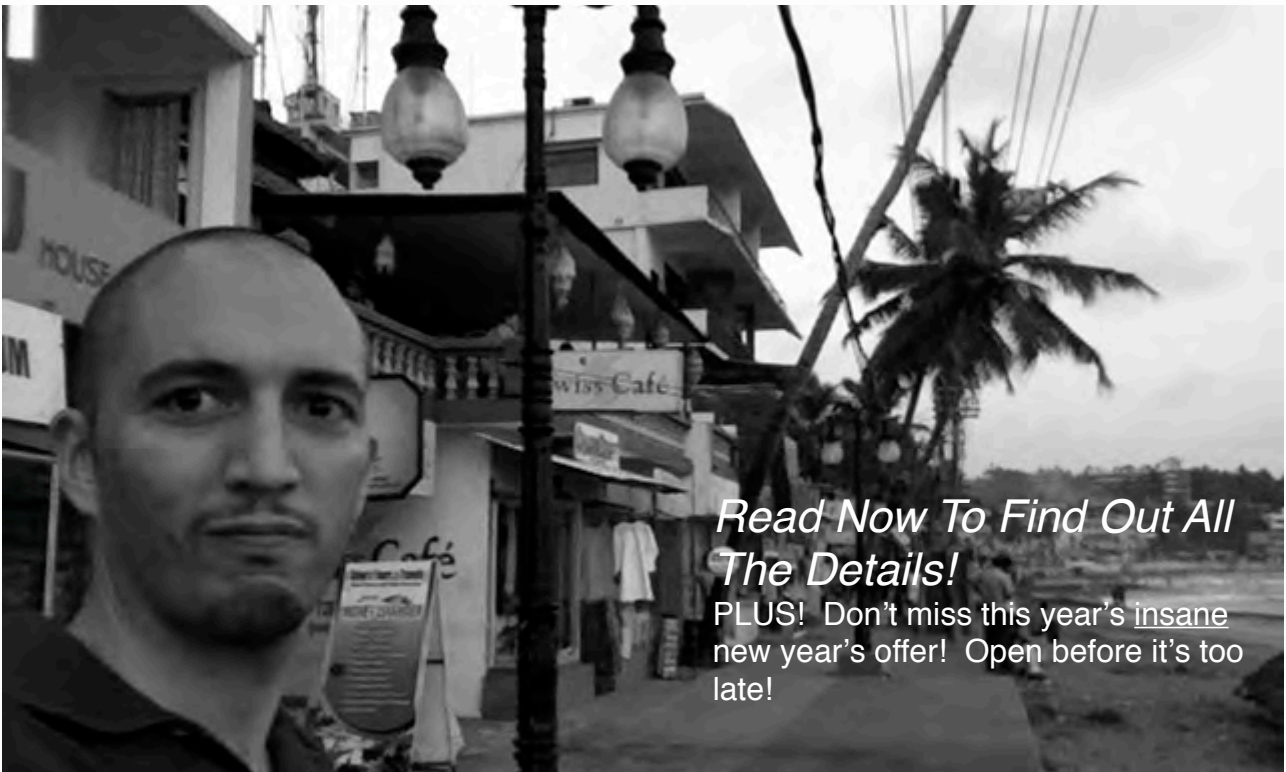
ZEN-DO BAHRAIN

SuhailAlgozaibi.com

DreamBody  
CENTRE

*The Official Newsletter for The Zen-Do Bahrain Kickboxing Club and the DreamBody Centre*

## Suhail visits India!



*Read Now To Find Out All  
The Details!*

PLUS! Don't miss this year's insane  
new year's offer! Open before it's too  
late!

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This is your FREE newsletter courtesy of Suhail AlgoSaibi. You are receiving this because you are either a valued customer of Suhail, or because you have contacted us at some point. You can cancel this subscription at any time by calling 17 611 909.

**Who Is Suhail AlgoSaibi?**

Suhail is the founder of the *Zen-Do Bahrain Kickboxing Club* and *DreamBody Centre*. *Zen-Do Bahrain* is the country's premier martial arts school and the largest in the Middle East. *The DreamBody Centre* is Bahrain's first and only 23-minute weight loss and body transformation centre.

Suhail is also a 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.

Suhail is the publisher of this newsletter and author of Bahrain's very first self-defence book, *The Ultimate Self-Defence Handbook, How to Defend Yourself in Bahrain and Abroad*. 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 holds a third degree Black Belt in Zen-Do Kickboxing, presented to him by World Champion Master Rafael Nieto. He also has two degrees in business and is a certified fitness instructor and personal trainer. He is dedicated to helping people improve their health and fitness and transform their lives. To find out more about his background visit [SuhailAlgoSaibi.com](http://SuhailAlgoSaibi.com).

**FREE Educational Material From Suhail****From ZendoBahrain.com:**

- ✓ FREE report *The Four Biggest Mistakes People Make When Choosing a Martial Arts School - And How to Avoid Them*.
- ✓ FREE Kickboxing video.

**From ZendoForKids.com:**

- ✓ FREE anti-bullying video.
- ✓ FREE MP3 audio entitled *The 13 Techniques Child Molesters Use To Trap Children and How You Can Stop Them*.
- ✓ FREE child safety presentation given by Suhail and Dr. Soroor Qarooni.

**From DreamBodyCentre.com:**

- ✓ FREE report *Body Fat Secrets Exposed. Everything You Ever Wanted To Know About Fat That The Diet Industry Doesn't Want You To Know*.

**From RadicalMarketing.com:**

- ✓ FREE, weekly marketing email course.
- ✓ FREE report *The Top Ten Marketing and Advertising Mistakes Business Owners Make - And How to Avoid Them*.

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# Make 2011 Your Best Year Ever!

## Discover How You Can Lose

### Weight, Get Fit - And Help Abused

### Children Too (Without Spending A

### Single Filis!)

*PLUS You'll Get 2 months Membership FREE!*

Every January, I make a special offer to readers of the *Zen-Do Times* to encourage them to follow through on their new years' resolutions. And of course this year is no exception.



So, if you join either Zen-Do or the DreamBody Centre, I'll give you the following two valuable gifts:

1. 2 Months added FREE to your membership as a gift from me (average value is BD 54.)
2. BD 10.000 discount!

That's a total value of **BD 64.000** absolutely free. But I'm not stopping here, I'm adding another offer: a promise to pay BD 10.000 to the Be Free Child Anti-Abuse and Neglect Programme, for *every person* that joins.

So not only will you have the chance to lose weight, feel better, look better, learn valuable self-defence skills, impress your friends, and reduce the risk of long term diseases by joining, you'll actually be



Child abuse and neglect is a very real problem - both abroad and in Bahrain. According to some studies, at least two out of every ten girls and at least one out of every 10 boys get molested. The Be Free charity are on the forefront in the battle against child abuse. You can help too - absolutely free.

helping prevent more cases of child abuse and neglect in Bahrain. Regardless of how many people join us, we will pay BD 10.000 to Be Free for *every single person* that joins. How's that for a win-win situation? You benefit, I benefit, but more importantly the children will benefit from your (free) donation.

Please note that you have to hurry, because this offer expires on Monday the 31st of January at exactly 8:58 pm! Call us today on 17 611909 (Zen-Do) or 17 613352 (DreamBody Centre) today!

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Hello my friend!

First of all, may I take this opportunity to wish you a very happy New Year! I hope it brings you light, hope and happiness, and all that you desire. I hope this year is the best year of your life!

Wow! What a year it has been. I don't know about you, but it was one hell of a bumpy year for me. I had to make the extremely difficult decision of closing down a DBC branch, lost my grandmother, and my father too. Losing my father - after a nine month battle with cancer - was by far the most devastating thing that ever happened to me. To say that 2010 was not easy would be a real understatement.

Oh well, the only way to enjoy the high points of your life is by tasting some bitterness. You cannot appreciate the good with out experiencing the bad.

And you've always got to remember the good things in your life. I do - and always have - consider myself very fortunate. I have my health, my wonderful family, great friends, amazing Team Members and a wonderful life. I wouldn't change what I have for the world. Sometimes life lifts you up high, and sometimes it kicks you in the... erm... ah... *shin* (yes shin is good), and you just gotta take it in your stride.

Smile and hold your head up high. Nothing annoys life more than that when it just kicked you. Say your prayers and remember *that this too shall pass*.

If you've set new years resolutions for your self, remember to *write them down!* And to revisit daily for the first 3 weeks (to form a habit). Oh, and *implement!*

And if you've resolved to get in shape this year, well then you know who to call, right? If you're not sure, there are these two amazing places in Hamala (*hint, hint*). Still not sure? Well one rhymes with *StreamSnotty Mentor*, and the other rhymes with... erm... *Schmen-Do*. Call them now.

**I'm Sorry**

It seems I owe you an apology. I sent you the last issue of the *Zen-Do Times* over two months ago. This newsletter is supposed to come out monthly,

but once in a while, I won't be able to be so consistent. The last few months have been very hectic for me. I now suddenly find my self having a lot more responsibilities since my father passed away, and I'm still having a hard time keeping my head above water. But I'm getting there. In the mean time, please be patient with me if I don't communicate with you as regularly as I should. It's not because I don't care. God willing you'll get this on a regular basis as before.

Anyway, on with some other news...

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## Twins Celebrate Birthday at Zen-Do



Daj and Mubarak with parents Sh. Abdulaziz and Sh. Lamees, with the Zen-Do Team. The boys were happy about their new gloves!

6 year old twins Mubarak and Daj Al-Kahlifa celebrated their birthday in Zen-Do at the end of November. They had a really good time, and as usual, we provided an unforgettable experience.

The Zen-Do team provided lots of games, in addition to a puppet show, a clown and a magician! I'd like to thank the family for having the birthday at Zen-Do. Remember, your child can have an amazing Zen-Do birthday too. Call us to find out more! Congrats again boys and *ugbal miyat sana!*

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## Suhail Visits "God's Own Country!"



The sunset view at Kovalam beach in Trivandrum, Kerala.

You know something... I thought that I was unstoppable. Being ambitious, a Black Belt kickboxer, and an entrepreneur, I literally thought I had limitless energy, and that I could go on all 12 cylinders at all times. Sure, I'd often get tired, but after a day or two of rest, I could just jump right into it again. Also - as you know if you've been following me for a while - working 12, 14, or 16 hour days was not unusual for me. This while working out 3 or more times a week, and making sure I still have time for my family and social life.

Well, it seems after years and years of doing this, it all caught up with me. What broke the proverbial camel's back was my father passing away. It was not just his death - God rest his soul - that hit me, but it was the nine months of agony that my family went through leading up to his death.



For the first time in my life, I was truly, deeply *exhausted*. The fire in me literally went out. I guess that's what they mean when they say someone burnt out. I felt *completely* burnt out. I had a hard time getting out of bed in the morning. Whereas in the past I could jump out of bed at 4 or 5 in the morning and go full steam ahead, now I could barely crawl out of bed. I was just *so tired* - not to mention stressed. I felt like I was carrying the weight of the world on my shoulders.

And so I decided to have a short break. My first ever holiday completely on my own without family or friends. I decided to go to Kerala, India to just relax and chill out. And to do an Ayurvedic treatment with a reputed doctor.

I stayed in a gorgeous resort near a place called Kovalam beach. I have to say - and I know any Keralites reading this will love what I'm about to say - I thought Kerala was **gorgeous!** The natural beauty there is amazing; lots and lots of greenery with coconut palm trees as far as the eye can see.

And the people there were just so friendly. Though I saw a lot of poverty, it looked like most people were really happy. I think there must be a direct correlation between happiness and the abundance of natural beauty - والله اعلم.

### "Where are you from?"

I was asked this question lots of times. And depending who asked, I'd give a different answer each time. This is how it started; On my first day there I decided to take a walk down the beach. I walked for miles and miles (so much for resting, but that was the only day I really moved much). At some point two young men saw me and they approached me.

One of them looked very happy and excited to see me. They ran up to me. "Oh hello!!" One of them said excitedly, "where are you from?" he asked.

At this point time really slowed down. The seconds passed like minutes. *Okay*, I thought, *I don't want to say Bahrain or Saudi, because I might be perceived as a "rich Arab."* I've heard that Indians who've not visited the Gulf have a particularly rose-tinted view about our massive wealth.

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My second choice would have been to say Germany (I'm half German), but then again Germany is also a rich country. And then it came to me: "South Africa", I replied confidently. You can be any colour or race to be from South Africa. And it's not known for it's wealth.

"Aha. You had World Cup no?" one of them replied. "Yes" I said coolly, trying to show the body language that I want to be left alone.

"What is your job?" they asked excitedly. *What the...! Think man, think!* I didn't want to say businessman or entrepreneur, and did not want to bring up martial arts. *Think quick!* "Police," I replied, congratulating myself in my mind for my quick thinking.

"Oooh! Very good," came the answer. And then there was an awkward silence. The three of us stood there at the beach, looking at the sea. I just wanted to be left alone. I'm quite sure they were harmless, and had they tried to mug me or something, I'm sure I could have taken them. But that's not the point, I just wanted to be left alone and enjoy my walk on the beach.

After a few more moments of silence, I turned to them each in turn and said "Well, okay... nice to meet you. All the best and good luck." "Ya ya nice to meet you," they replied. And as I turned away to continue my walk... they started to walk with me!

*Bloody hell!* I thought, *man they're persistent.* After a few seconds one of them finally asked "Excuse me, you have 20 rupees?" "No I don't," I replied, and they finally walked away.

The two young men were harmless enough, but I didn't like the way my privacy was invaded like that. Oh well, no real harm done. It did not change my great enjoyment of this amazing state.

I used the South African cop reply on another occasion, but I got an unexpected response "Oh, what is your rank?" asked the man, while pointing to his shoulder, indicating where the rank stripes would be. "Em... er... I'm civil..." I said hastily. Caught in my own web of lies. Oh well, I think I'll be a sergeant next time. Cops have sergeants, right?

I continued my walk down the beach. I walked and walked and walked until I got lost in the back water villages. This boy saw me and asked me where I was going, and I told him I wanted to get to the main road.



The boy who helped me when I was lost. Sadly, I don't remember his name.

The boy stopped, turned around and told me to follow him. He walked all the way with me to the main road where I could get a rickshaw. I made sure to reward him. He was so sweet. I took a picture with him, and thanked him for his kindness.

**Kalari**

One of the few excursions I did was to visit a Kalari centre. Kalari - or Kalaripayattu - is the local martial art of Kerala (and the most known Indian martial art). I met a wonderful instructor there named Guru Kal. He and his students did a little demo for me, which included something similar to katas, as well as different kinds of weapons techniques. I learned that Guru Kal is also a healer who had his own clinic. It is not unusual in Asia that a person who teaches combat (martial arts) is also a healer. Here are some photos from the Kalari Centre:

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Gurus and weapons: photos of the founder of modern Kalari, and Guru Kal's teachers.



Two Senseis. Suhail with Guru Kal.



With Guru Kal's team.

### Ayurveda

As mentioned, I did an Ayurvedic treatment while there. I can't say I'm a big fan of the process, which involved vigorous, daily massages with the hands and feet, using sesame oil infused with medicinal herbs. But the affect it had on me was good. It did calm and reduce my stress. The doctor told me that the effect would last for months

afterwards, and I can still feel it now several weeks after the visit.

I did not want to go the Western medical route, which probably would have involved anti-stress medication, or some sort of anxiety pills. *No thank you.* Whenever possible, I'll go for a natural approach to healing.

As I write this, I can feel a slight spark starting up again inside. I can't say I'm totally myself yet, but I know that I'll get there soon. Physical and emotional healing takes time...

### The Video

I highly recommend visiting Kerala. I look forward to seeing more of this great country. You can see a short video I did of my visit on my blog. Visit [SuhailAlgoSaibi.com](http://SuhailAlgoSaibi.com) and just search "Kerala".

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Well my friend, that's all for today. Sorry again for not being in touch for a while, and remember to take us up on the amazing New Year's offer. We won't make an offer like this again for at least a year, so call us!

Thanks for taking the time to read this. I enjoyed chatting with you.

Talk to you next month.

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

**Suhail**

**PS Remember to visit the blog from time to time. Also, find me on Facebook.com/SuhailAlgoSaibi, and Twitter.com/SuhailAlgoSaibi**

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ADVERT

Attention Parents!  
**This Year, Give Your Child  
 An Unforgettable (and  
 Healthy) Birthday Party!**

How would you like to give your child an unforgettable birthday party? Look, you can do the usual thing and take your child to a fast food place, where they give them unhealthy food full of empty calories, preservatives and colorings; are entertained by unmotivated staff dressed as clowns; and do just one or two games half-heartedly.

**Or...** you can have the party at Zen-Do where they will have a magical time, filled with wholesome, **FUN** activities! This is unlike anything your child has ever experienced before. Ask a Zen-Do Team Member for more details or call us on 17 611 909. Let your child have the wonderful time they deserve!

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**How To Communicate With Us**

**1) Zen-Do**

Call 17 611 909 and ask for Sensei Vinod Joseph, Zen-Do Head Instructor. Email [vinod@zendobahrain.com](mailto:vinod@zendobahrain.com).

**2) DreamBody Centre:**

Call 17 613 352 and ask for Kristel Yap, DBC General Manager. Email [kristel.y@dreambodycentre.com](mailto:kristel.y@dreambodycentre.com).

**Other Stuff**

For all other inquiries call 17 613 352 and ask for Saba Saleem, our Marketing and Operations Manager. Email [saba@zendobahrain.com](mailto:saba@zendobahrain.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!