



Zen-Do Times[©]



ZEN-DO BAHRAIN
www.zendobahrain.com

SuhailAlgoSaibi.com

DreamBody
CENTRE

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



Farewell The Best of Men.

Zen-Do Bahrain*"For kickboxing, self-defence, fitness and fun!"*

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DreamBody Centre*"For weight loss and body transformation!"*

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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.

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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“Announcing The Amazing Zen-Do Back To School Offer!”

150 School Bags to Give Away - FREE!



Let your child be one of the first 150 students to return to (or join) Zen-Do this September, and they'll get a **FREE** Zen-Do School bag! Imagine the look on your child's face when you give them this cool, exclusive, Zen-Do school bag. This bag is not for sale anywhere and will not be offered again. This offer ends on Saturday the 9th of October at 12:29 pm (or sooner if stocks run out, which they will). Hurry, call today on 17611 909 and join!

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Hello my friend,

I write to you with a very heavy heart. My father, Ghazi Abdulrahman AlgoSaibi – poet, technocrat, diplomat, author, novelist, Arab icon – died peacefully on Sunday the 15th of August at 10:30 am in King Faisal Specialist Hospital, in Riyadh. He had stomach cancer.

He was surrounded by his wife, his four children, and one grandchild. Of course an article like this cannot do my father justice – a thousand articles probably could not do that. This is more about me expressing myself, and maybe trying to heal some of the pain and grief, by writing about it.

I've never known such intense emotional pain. I did not know it was possible to feel so much grief. The pain is so intense it manifests itself physically. More than one friend, whose father passed away, told me that my father had told them that Freud said that a man does not become a man until his father died. They told me how much of an impact that had on them.

I wish I had never become a man.

I always thought I'd have my father around for a long time. I was looking forward to spending more time with him in his retirement. Things don't always end up the way you want them to.

Still, I'm lucky and thankful to have had a father like him. He really was the best of men. God rest his soul. What will I do without him? I don't want to be a man. Not so soon. I still had so much to learn from him. God rest his soul.

The Burial

ADVERT

Stunning Riffa Views Villa Available For Rent



Yup, my Riffa Views villa is finally ready for rent! The landscaping is not quite done yet, but it will be there soon inshallah. Here are the property features:

- ✓ 5 bedroom villa
 - ✓ Gorgeous view of the Golf Course in the Oasis Area
 - ✓ Outdoor kitchen
 - ✓ Semi-furnished
 - ✓ 480 sq. m. built, 636 sq. m. land size.
 - ✓ Servants quarters
 - ✓ Central air conditioning
 - ✓ Safe, closed community area
 - ✓ 3 minutes away from Royal Golf Club
 - ✓ 2 minutes away from Riffa Views private school
- Asking price is BD 1,800 per month (negotiable)

If you're interested, please call on 17 611 909 and ask for Angela (serious inquiries only please!) You can see more photos on the following website:

SuhailAlgoSaibi.com/villa/

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My father had told me more than once that he wanted to be buried where he died, and that he wanted to be buried right away. So when he passed we made the arrangements immediately. He was buried right after the Asr (afternoon) prayer on the same day.

The prayer took place in the Imam Turki Mosque. HRH Prince Sattam bin Abdulaziz, Deputy governor of Riyadh, graciously attended the prayer. After Salat Almayyet (Prayer For The Deceased) I was practically mobbed, with people giving me their condolences. By then the word had spread and I guess half of Saudi had heard the news. It was already on the major news channels.

I must have been greeted by several hundred people. I stood there for about 20 minutes receiving condolences. By the time it was done everyone had already gone to the graveyard. I didn't even have a car to take me there. I eventually found Obaid, my father's old driver, and was kindly joined by man who recognised me and offered his help.

On the way there I called my brothers asking them where they were, and they told me they were in the graveyard waiting for me. The crowd there was getting restless. They included several VIP's and some of my father's friends. I told my brother Faris not to burry my father until I arrived! And God bless him for insisting to wait for me, as everyone there wanted to get on with it. He put up with some intense pressure. People were fasting and it was very hot!

I arrived just in time as they were just about to take the body out of the ambulance to be buried. My brothers and I (along with about a dozen well-intentioned volunteers) carried the body to the grave, where I jumped in and laid the body down gently. This time 3 other



My brother Faris and I with The Custodian of The Two Holy Mosques King Abdullah Bin Abdulaziz, in Jeddah in August (my brother Nijad was just off camera). We gave the King our condolences to Saudi Arabia's loss, and he gave us his condolences. My family will never be able to repay his kindness. A great man and a great king.



His Majesty King Hamad Bin Isa Al-Khalifa visiting our Azza with his sons. Again, a gesture that will never be forgotten.

people were in the grave with me. After we buried his body, the family members formed a line and again we received condolences from everyone who attended.

That same evening we flew to Bahrain, and started the Azza (condolence reception) the next morning.

The Media

Shortly after my father passed we called some close family members, and started sending out SMS's. And from there the news spread like wildfire. The calls started to come in almost immediately. One of the things that took us by surprise was how aggressive the media was in

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trying to get quotes and comments from us. It was really shameful.

I received a call from an editor of a Saudi newspaper asking for a quote. And saying that he wanted to send a photographer to my father's house and take some photos. He wanted to take photos of my father's office and library as well as other parts of the house, and he asked if a driver could meet us there. We hadn't even buried him yet!

At the mosque there must have been a dozen photographers there, and one or two film crews. My mother and sister attended the prayer in the women's section, and they were jumped by a woman from a newspaper asking for a comment. It really was disgusting, shameful behaviour really.

They both declined, too grieved to even talk to anyone. The woman tried again several times, calling my mother on her mobile. It really was too much.

The calls asking for comments and quotes have not stopped since. I didn't know the Saudi press was so obtrusive. I guess in a way it's understandable, as this is the story of the year, and my father really was popular. I guess in a way we should be thankful that we are not in the West. Because in the West when a big celebrity dies the media stand at your front door, follow you around and have a helicopter hovering around all the time. I guess it's all relative. Still, we cannot help but feel that our privacy has been invaded.

An Outpouring of Emotions

On another note, my family and I would like to thank all the well-wishers who either came to the Azza, called, sent us letters, emails, Tweets, telexes, Facebook messages etc. We



My late father with my children Selma, Laith, Tameen and me.

are very touched by the outpouring of emotions. I noticed that over a dozen or so people changed their Facebook profile photo to that of my father.

I lost count, but I'd say maybe one out of four or five people (of the thousands that came) told me that my father helped them in one way or another. I received a call from someone who was crying. He said "Suhail you don't know me, and I don't know you, and I never met your father, but he was a great man and a great loss to our country." The poor man could not hold back his tears. I ended up trying to console him.

My family would also like to thank the Custodian of The Two Holy Mosques King Abdullah bin Abdulaziz Al-Saud for calling. It was so kind and considerate of him. He had such nice things to say about my father. He also advised me and my siblings to stay strong and united, and to not let the devil come between us. He reiterated this when my brother's and I went to see him the week after my father passed away.

I'd also like to thank HM King Hamad bin Isa Al-Khalifa for taking the time to come to give

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his condolences. A gesture my mother, siblings and I will never forget as long as we live. Special thanks also go to HRH The Crown Prince and HRH The Prime Minister, who also attended the Azza in Bahrain. Words cannot describe how thankful and appreciative we are.

Most of all, I'd like to thank my father's fans and supporters, who came in their thousands. There are no words that can describe how deeply touched we are by all the support. I even heard that already seven people have gone to Umra in my father's name. God bless you all.

I miss my father terribly. He was the *Zen-Do Times*' biggest fan, and would wait eagerly for each copy - and he'd make sure to give me his opinion, which was mostly good ☺

I miss him.


I'll try to be worthy of his name.

Thank you for taking the time to read this. And may I take this opportunity to wish you a very Happy Eid. May it be filled with happiness and joy. And remember to enjoy the precious time you have with your loved ones.

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

Suhail

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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Attention Parents!

**Zen-Do is
Giving Away
FREE School
Bags**

Open this issue now to find out about our once-a-year-only back-to-school offer. Hurry, stocks are limited!

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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.

2) DreamBody Centre:

Call 17 613 352 and ask for Mark Salvador, DBC General Manager. Email mark.s@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.

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!