



CHRIS CRUDELLI'S TV SHOWS CAN BE SEEN ON



Lose weight
Look good
Feel great



Unique week-long residential retreats from BBC TV's Chris Crudelli which help you lose weight from your body and ease weight off your mind. Go home lighter - in every possible sense

Who we are

The Mind, Body Boot Camp was dreamed up by Chris Crudelli, best selling author and presenter of the international smash hit TV series, "Mind, Body & Kick Ass Moves". Having a martial arts background, Chris has been engaged from a young age in all sorts of training styles and exercise regimes. He travelled around the world picking up tips, tricks and ancient training techniques from the most famous masters, so he knows what works – he literally wrote the book on it.

Chris Crudelli has poured his knowledge and experience into developing a fun, motivational and unrivalled exercise-based retreat combining Tai Chi with Yoga and an outdoor exercise programme.

Lose weight, look good - feel great!

This is Mind Body Boot Camp

Chris Crudelli



MIND BODY BOOTCAMP

designed by chris crudelli



0845 2696 712



A

Our fun & unique outdoor activity programme will help you burn off excess weight quickly

B

Our specifically designed Tai Chi & Yoga based exercises will recharge you and help you stay injury-free

We provide our guests not only with an exciting workout but a bit of a getaway to a fabulous part of the country



Our weeks are structured around stimulating military-based group exercises outdoors: things such as the Brazilian Crop Circle Hop or the Moroccan Military Leg Push and other such exercises with exotic-sounding origins. Most of them get you working together with a partner or a team, and are specially adapted from the regimes Chris Crudelli uses to train military personnel.



*This experience was life changing
& I lost almost a stone in weight*



We all know the benefits of exercise. But some of us just have trouble getting, or just enjoying, any exercise at all. At Mind Body Boot Camp- not only do we focus on getting the weight off you - we go further than the others & include 12 week after plan to make sure you keep it off.

There are no distractions here:

There are no late-running and packed out trains each day, no deadlines looming like dark clouds, and you don't even have to worry about doing the washing up. All you have in your schedule each day is fun and group activities which bear immediately noticeable results.



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A lot of people don't realise the importance of proper nutrition on mental and emotional wellbeing too

Our qualified nutritionists will give you personal guidance and tips on what it really means to make and eat healthy, nourishing food. We'll analyse your current diet & show you how to improve it. You'll soon find that concentrating on the nutritional value of what you eat rather than the calories alone will balance your metabolism which can mean better health & even more weight loss.

Throughout your week here you'll be fed delicious, healthy meals which will inspire you to continue eating like this long after you get home

So come and feed your body and your mind at Boot Camp



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“Benefits”



Weight loss

Weight loss is the main goal for a lot of people who exercise. Maybe you want to tone up before a luxurious beach holiday or wedding or just to drop a dress size (or two).

Chris Crudelli's Mind Body Boot Camp programme is designed to help you lose weight, look good & feel great!

The amount of weight you lose can be astounding with many customers reporting between 7 and 14 lbs in one week.

No, really! This is entirely achievable, though you might forget that it's part of your goal when you start taking part in the fun.

Improved mind

A big part of your week here is about gently improving your overall flexibility and realigning some imbalances through the introduction of Yoga and Tai Chi.

The benefits of Yoga & Tai Chi to all aspects of health and well being are almost endless- they re-energise your body, balance your metabolism & help you relax and look & feel younger. they create a toned and strong body-reducing tension and anxiety ; this will improve your sleep & of course help keep your mind calm and clear.

Improved body

Pretty self explanatory really.

You'll see immediate improvements in your fitness, and body shape which you might have neglected for years – we know that's easily done. Add this to the fact that you and your group of new training buddies will be out in the fresh air and you'll soon realise that you can achieve in one day what you could otherwise do in a month. When did exercise get so boring that we had to do everything we can to detach our mind from what our body's doing? We'll make sure both your body and your mind are present in what you're doing. This is Mind Body Boot Camp.



Here is what you get

SAVE
£300

Normal price **£1499**

special introductory offer of £300 discount available
for all bookings made before 14 Feb 2010

Book now pay only £1199

- Guaranteed weight loss! Amazing results of between 7-14lb are not uncommon
- A unique Mind Body exercise programme designed by world leading expert Chris Crudelli
- Great accommodation at our Kentish eco friendly Flint Lodge
- Access to our nutritionist with 1 on 1 session and personal analysis
- Our in house chef's healthy meals breakfast, lunch dinner, drinks and snacks
- 12 week follow up plan of action to help keep you on track
- Training in our specialised Yoga plan
- Unique Tai Chi training with one of the world leading experts
- All outdoor fun adventure activities, varying on season, such as paintball, climbing centre, hiking
- Adapted martial arts based weight loss group exercise

 Call now to take advantage of this amazing offer



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