



My Body Mind Soul

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Current Realities

- I am not happy
- I am only physically present...not mentally & spiritually present
- I am not at peace with myself
- I don't like the life I lead but I have no choice
- My work, television and computers have taken over my life

You Will Learn to...

- Programme your body to attain peak performance
- Master your mind to take action
- Rejuvenate your soul to tranquillity
- Live in your own energy
- Attract more success, love and happiness in your life



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Trainer's Profile

Lionel Lim

- Certified personal trainer & sports nutritionist
- Battled with health, weight & self esteem problems in the past
- Transforms lives of others by being a role model
- Uses meditation & neuro-linguistic programming techniques to help clients & audience focus better & accelerate their training
- Invited to speak at organisations such as Singapore Institute of Management, Singapore Police Force and Queensway Secondary School
- Published author of lifestyle, health and fitness articles in United States and Singapore
- Creator of lifestyle, fitness and grooming seminar workshops



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Programme Details

- Duration: 3 days (9am – 5pm), Fri – Sun
- Investment: \$688 (GST included)
- Key Learnings: Body (Exercises), Mind (Programming), Soul (Meditation)

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Programme Registration

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