

SUMMERSET RESORT, MALAYSIA



ENLIGHTENED WARRIOR TRAINING CAMP

Programs will be facilitated by T. Harv Eker's Lead Trainer

Proudly Presented by

**SUCCESS
RESOURCES**
YOUR LEARNING PARTNERS
WWW.SRPL.NET

ENLIGHTENED WARRIOR TRAINING CAMP

How to Access Your True Power and Succeed in Spite of Anything

What if you could find a power within you — an unstoppable force that could sear through every obstacle that has stopped you from attaining your dreams? Would you be willing to do whatever it takes to capture this energy?

Well, get ready! You are going to have one of the most empowering experiences of your life at *Enlightened Warrior Training Camp 2010!*

By now, you know that 80% of success is simply showing up. Showing up *prepared* is 99.9% of success, so make planning for the camp a part of your adventure. The more prepared you are, the more relaxed and focused you will be — which in turn increases your capacity for learning and success!

This planner contains all of the information you need to prepare for your adventure of a lifetime.

SECTION 1 – CAMP DETAILS

SECTION 2 – WHAT TO EXPECT

SECTION 3 – GETTING READY

SECTION 4 – PACKING LIST

SECTION 5 – HOW TO GET THERE

CAMP SCHEDULE

Check-In & Registration

Check In: After 3:00 pm

Check Out: Before 11:00 am

- Success Resources deserve the rights to pair you with the same genders in a room, If there is someone you are hoping to room with, please ensure you check-in with your desired roommate and our staff will do their best to accommodate you. Please inform or call us early so that you can check-in with your desired roommate.
- Package inclusive of Triple sharing with same gender.
- Twin sharing rate - RM600.00 per room throughout the training camp.
- Single room rate – RM1,200.00 per room throughout the training camp.
- No extension of stays at the resorts as all rooms are fully booked by organiser.
- Please download your booking form at this link:
[http://www.tharvekerasia.com/ewc/download/EWTC2010-HotelBookingForm\(Single\)_camp2.pdf](http://www.tharvekerasia.com/ewc/download/EWTC2010-HotelBookingForm(Single)_camp2.pdf)
- Please click this link for online registration: [REGISTER ONLINE](#)

REGISTRATION

Day 1 (19th October 2010)

3:00 pm – 6:45 pm

(Registration process is about 10mins. We are expecting a last minute rush, hence we recommend you to come early to register in order to start on time)

Enlightened Warrior Training Camp Starts from 7:00pm on 19th October 2010

Day 2,3 & 4 (20th, 21st, 22nd October 2010) In Camp

Day 5 (23rd October 2010)

Ends at 1:00 am (Morning)

(Presenter is always committed to the highest level of his presentation. Therefore, the timing for all breaks may be irregular. You are advised to bring along your own snacks should your medical conditions require)

Meals - Provided throughout the program.

CAMP LOCATION

**After giving 110% outside throughout the day,
you can be guaranteed a good rest at the:**

Summerset Resort

Lot 2547, Kuala Rompin, 26800 Pahang, Malaysia

Contact: +(609)4141 888 Fax: +(609)4142 066

Website: www.summerset.com.my

Although we'll be sleeping indoors, please keep in mind that the majority of camp activities will be held outside, where the natural beauty of the surrounding area will enhance your experience.

IMPORTANT TRAVEL REMINDERS

- If flying internationally, please remember that passports are mandatory and consider purchasing travel medical insurance
- Check with your airline or travel agent for new identification requirements and carry-on baggage security constraints for toiletries and liquids
- Ensure that you have the currency of the country in which the camp takes place
- Keep your travel documents, medical insurance and any medications in your carry-on.
- Drink plenty of water throughout the flight as jet lag is caused almost wholly by dehydration.

IF ATTENDING A CAMP AT SUMMERSET, MALAYSIA

Areas : One of the highlights unique to our camp is that you will actually be having room accomodation. In the What to Pack section you will notice several items have a * beside them; this asterisk indicates an item to bring if you are coming to the camp.

Family Members : This is a personal training camp, you are not allowed to bring along your family members to this camp. Safety purpose are the most important as well as your ability to focus on your personal learning.

Camp Location : Camp is located with areas of surroundings by villages, hawker. It is also located approximately 5 hours from Singapore and Malaysia (KLIA).

Wild Boar Aware : While not a reason for concern, you should be aware that there might be possible you may see a wild boar. Typically, not to be afraid – and though not a reason for alarm, understanding them and taking precautions is recommended.

Some quick tips:

- Wrap your snacks in odor eliminating bags (i.e. zip lock bags)
- Eat your meals in the dining area, and avoid being alone outside of the resort whereby near to the jungle.
- Use a flashlight when traveling around the designated areas
- Do not throw trash, rubbish around the Summerset. KEEP the AREA CLEAN!



CAMP LIFE

One of the most powerful aspects of all Success Resources Training camps is the power of being outside, connected to nature. By taking yourself out of your usual “element” you open yourself to change and growth. To fully immerse yourself in this camp, be prepared to be outside in nature throughout the entire camp.

Make sure you keep the following in mind:

1. The weather can be unpredictable. So, make sure to pack for all weather conditions. If it's sunny and warm we'll be outside, if it's raining and cold – we'll be outside. Bring sun screen and rain gear. Pack warm clothes and shorts.
2. Bugs are part of nature, so bring insect repellent and make sure to carry it with you.
3. Another part of nature is dirt, so pack clothes you don't mind getting soiled
4. Warrior Training Camp is intense, and you'll be active for most of each day. To keep you fully energized, we provide three healthy meals a day, starting with a light dinner after registration through to dinner the night before you leave. We'r catering to a large group, and while we have a variety of meal options, including vegetarian dishes, if you have special dietary needs you asked to bring those items with you. Keep in mind, we are not able to store or prepare foods you bring personally, however it can only be stored in your room.
5. Snacks are essential, and it's important to bring food that you can pack in your backpack for daily activities. Bring a variety of small, lightweight snacks high in electrolytes and proteins. Energy bars and trail mix are excellent examples of the type of snacks to bring with you.



BENEFITS

Here is just a portion of what you will discover:

- The secrets to being strong and confident.
- How not to yearn for approval and recognition from others, but to approve of yourself.
- How to respond to circumstances from choice instead of reacting from past conditioning.
- How to live with integrity, so that your word is law.
- How to have the courage to take action in spite of fear, doubt and worry.
- And much more!

You are far greater than you think, and you have truly amazing potential. The key is to tap into your higher Self and unleash your full capacity for success and happiness.

This camp is highly experiential. You won't just *LEARN* how to be an Enlightened Warrior, you will practice *BEING* one. In this high-intensity program you will learn how to access your true power at will and succeed in spite of anything.

Warrior Training Camp is about inner strengthening. It is an opportunity for you to see yourself in an entirely new light – to meet the absolute best of yourself. The learning is truly transformational and can be applied to all aspects of your everyday life. If you believe there's got to be more to life and are ready to experience an empowered way of living, then commit to your Self and do whatever it takes to be there!

By the end of *Enlightened Warrior Training Camp* nothing will stop you ever again!

PARTICIPANT COMMENTS

"This camp was the most uplifting event I've ever attended. The spiritual, emotional and physical experiences helped me to see my potential. It was a blast!"

DARLENE BELANGER

"I came here wanting to move to the next level in my life and I think I got that on the first day! I learned, did, and grew so much. Warrior Camp helped me more than undergraduate and graduate school! My container has expanded and I know I'll never be the same. I'm bigger, better, stronger and more loving. Imagine that...all at Warrior Camp. Thanks!"

MAUREEN SHOCKLEY

"The physical changes you see in yourself and others are unparalleled. It is the internal changes, however, that slap you in the face the most. When you look into someone's eyes and see their very soul change in 4 1/2 days, that's amazing!"

TOM WELLING

GETTING READY

PRE-CAMP PREP

Plan your camp experience as though you were planning to change your life — because you are. Be committed, be prepared, and do whatever it takes to be there!

The first step is to recognize your journey starts today. You can start making small changes in your daily life that will prepare you and your body for the camp experience. While our camps are designed for all fitness levels, you will be encouraged to go beyond your current limitations to find new heights of success! So begin NOW by starting or increasing your fitness program today. Below are a few simple tips:



Walk every day: If you're just starting, plan to walk half an hour the first day, and then increase your distance by walking an extra 5 minutes every day.

Adding a little every day, adds up to a lot: Small changes can make a huge difference; park at the back of the parking lot, use the stairs, or get off the bus one stop earlier. You'll start adding miles to your day without even noticing.

Hydrate: Staying well hydrated is essential. Water helps maintain energy, metabolize fat, break down lactic acid (the chemical that makes muscles sore) and prevent dehydration. During activities try to drink water every 15 minutes — not just when you feel thirsty. If you're not used to constantly drinking, set a watch alarm to go off every 15 minutes as a reminder.

Important: Make sure you are drinking plenty of water prior to, and throughout your travels to camp. It is essential you are properly hydrated upon arrival to camp. We highly recommend drinking up to 4 liters of water a day the week before camp.

Eat More: If you're planning to exercise for more than an hour, bring snacks with you. This is a great chance to see which portable snacks are your favorites before camp.

GETTING READY

Stretch it Out: Stretching every day is important, and even more important if you're increasing your activity. Stretching helps break down the lactic acid, increase flexibility and coordination, helps prevent injury and is key to relieving general soreness and lower back pain.

Growing Pains: You may experience some muscle stiffness as you start increasing your activity. This is a sign your muscles are working and growing stronger, so celebrate your improving fitness. However, if you find yourself sore, using a topical analgesic, such as Tiger Balm, can help soothe muscle pain. At home, a bath with Epsom Salts is another great way to ease sore muscles.

Banish those Blisters: If you're just starting out, there's a good chance you'll get a few blisters — here's a few tips to avoid them.

- Try double-layer socks which capture the friction between sock layers rather than your skin and the sock.
- If you start to feel a "hot-spot" on your foot, stop and put a bandage or duct tape over the spot before it becomes a blister.

New Boots? The best way to avoid blisters during camp, and be comfortable is to make sure your boots are broken in. If you have new boots, make sure to walk in them before camp starts beginning with shorter journeys, to break them in.

Try Out Those Threads: Try out all the clothes you're planning to bring with you to make sure they don't cause any chaffing or discomfort.



WHAT TO PACK

CLOTHING

Being outside means being prepared for anything. Rain may come without notice, winds may pick up, and elevation or activity may also affect your clothing needs greatly.

Make sure to pack enough light clothes.

Rain gear is also essential — and not just for your upper body — wet legs aren't fun!

Denim is a thick fabric which, once wet, is heavy and slow to dry — so, leave the jeans at home. Where possible, use dry-wick breathable fabrics, available from most sporting goods stores. Cotton seems cool when you first put it on, but it absorbs moisture and keeps the dampness close to your skin, which can lead to chaffing, and will give you the chills when you cool down. Dry-wick materials help pull the moisture off your skin and regulate your body temperature.

PACKING TIPS

- To save space, and make packing easier, try rolling your clothes instead of folding them. You'll fit more in a smaller space, and have an easier time picking out what you need.
- Pack extra plastic bags. They're great to put in your backpack to use for garbage, and are handy when packing your used clothing for the trip home.
- One of the powerful aspects of all our camps is removing yourself from the pressures and superficial expectations of daily life. Embrace this — leave your valuable jewelry at home, and don't worry about make-up, hair dryers or your electric razor! Use the room for an extra sweater or blanket — you'll get much more use from them!
- Also remember that you won't be able to go to the convenience store if you forgot something — so be sure to come prepared to take care of anything... on the spot!
- The packing list is a useful guide of what to bring — but it's not exhaustive. Pack for comfort and any situation!

MEDICAL CONCERNS

Please note: If you have medications which need to be refrigerated (i.e. Insulin or an epi-pen) or have medical concerns which may create challenges to your full participation at camp, please call Client Care to discuss your concerns at **(603)7801 2888 - Malaysia** or **(65)6299 4677 - Singapore**.

WHAT TO PACK

THE ESSENTIALS

Enlightened Warrior Training Camp is an intensive program, utilizing breakthrough processes and innovative teaching techniques. Much of your learning requires you to be prepared with the following items. These are absolutely essential to the Enlightened Warrior Training experience.

PERSONAL CLOTHING

- Athletic shoes
- Long pants and long-sleeved shirt (Lightweight)
- Rain gear, such as a rain poncho with hood, or rain jacket and pants
- Sunglasses with safety strap
- Workout clothing
- Hat (for sun protection)
- Bandanna
- Males: cotton knee length shorts
- Swimsuit
- Easy, slip-on shoes (i.e., flip flops)

TOILETRIES / MEDICAL

- Allergy and pain relief medications
- Blister care, such as Band-Aids
- Insect repellent (travel size)
- Personal hygiene products
- Sunscreen with high SPF
- Towels to use for activities

CAMP GEAR

- Note pad and pens
- Whistle
- Portable snack food
- Small camera (we recommend a disposable waterproof camera as we will be outside and active much of the time)
- Watch with alarm or an alarm clock
- Water bottles or a hydration pack that holds 2L of water
- Small knapsack that will carry at least 2L of water
- Workout mat or large towel
- Torchlight (with fresh batteries)



GETTING THERE BY CAR



Map from Kuala Lumpur



Map from Singapore

Summerset Resort sits near Kuala Rompin, on the southern tip of Pahang. Its strategic location close to the Endau Rompin Forest Reserve and a 5km pristine beach that stretches along East Coast's most beautiful shoreline facing the South China Sea makes it a charming retreat.

Summerset Colonial is only approximately 5 hours away by road from both Kuala Lumpur and Singapore. Alternatively guests can fly into Kuantan, which is a 1½ hour away by road from Summerset Resort.

Destination:**Summerset Resort** (Via Seremban, Senawang Toll)

Kuala Rompin, 26800 Pahang, Malaysia. Tel: +(609)4141 888 Fax: +(609)4142 066
Website: www.summerset.com.my

Please view the Direction Map at:

i) <http://www.summerset.com.my/gettingthere.html>

CARPOOLING?

If you are planning to drive to camp, here are a few things to keep in mind:

- Don't leave your valuables in the car

MALAYSIA COACH

Coach (2-way):	RM300 per person includes travel insurance
Meeting point:	KLIA Level 1, Pintu 1
Time coach leaving:	12:00 pm Sharp*
Make payment:	http://www.tharvekerasia.com/ewc/download/EWTC2010_COACH_BOOKING_FORM-MY02.pdf
Online Registration:	REGISTER ONLINE

(Coach booking closed on 25th September 2010)

Camp 2: 19th - 23rd October 2010

Pick-up at KLIA, Level 1:	19th October 2010, 12:00 pm - Pintu 1 (Tuesday)
Check out from Summerset:	24th October 2010, 9:00 am (Sunday) (Estimate to reach KLIA at 4:00 pm)

** Time are approximately*

COACH BOOKING?

- Register online to avoid RM25 / S\$25 administration fees

IMPORTANT TRAVEL REMINDER

- Please remember that Passports No. / Identity Card No. are mandatory and consider purchasing travel medical insurance.
- Ensure that you have the currency of the country in which the camp takes place.
- Keep your travel documents, medical insurance and any medications in your carry-on.
- Drink plenty of water throughout the journey

SINGAPORE COACH

Coach (2-way):	RM350 per person includes travel insurance
Meeting point:	Lavender Terminal
Time coach leaving:	10:00 am Sharp*
Make payment:	http://www.tharvekerasia.com/ewc/download/EWTC2010_COACH_BOOKING_FORM-SG02.pdf
Online Registration:	REGISTER ONLINE

(Coach booking closed on 25th September 2010)

Camp 2: 19th - 23rd October 2010

Pick-up at Lavender:	19th October 2010, 10:00 am <i>(Tuesday)</i>
Check out from Summerset:	24th October 2010, 10:00 am <i>(Sunday)</i> <i>(Estimate to reach Lavender Terminal at 4:00 pm)</i>

* Time are approximately

COACH BOOKING?

- Register online to avoid RM25 / S\$25 administration fees

IMPORTANT TRAVEL REMINDER

- Please remember that Passports No. / Identity Card No. are mandatory and consider purchasing travel medical insurance.
- Ensure that you have the currency of the country in which the camp takes place.
- Keep your travel documents, medical insurance and any medications in your carry-on.
- Drink plenty of water throughout the journey



Questions or concerns?

Please call

Singapore: 800-101-2204 / +(65)6299 4677

Australia: 1-800-883-581 / +61(2) 8835 4940

United Kingdom: 0-800-680-0681 / +44 (0)20 7193 3967

Malaysia: 1300 88 7424 / +603 78012888

or visit www.srpl.net

Proudly Presented by

**SUCCESS
RESOURCES**
YOUR LEARNING PARTNERS

WWW.SRPL.NET