

# WHAT MEMBERS ARE SAYING ABOUT THE PEACEFUL DRAGON'S ZEN SUPER BOOT CAMP

“Since starting the Zen Super Boot Camp I’ve lost 20 pounds **without depriving myself of the foods I enjoy.** I enjoy our workouts, they are fun and get me to do things I haven’t done in years. All of my instructors are knowledgeable and enjoy teaching. I love coming to class.”

*Deborah Deboze, 48,  
Computer Technician,  
Charlotte*

“I have derived much benefit from the program – greater stamina, increased energy level, improved flexibility but even more importantly I have become better able to deal with stress and become more conscious of maintaining a balance between time spent at work and personal time. **I would highly recommend the program for both better physical health and mental attitude.**”

*Cathy Campbell, 61, Sales Manager; Tega Cay, SC*

“I’ve lost 30 pounds in the past 4 months and have much more energy throughout the day. I feel like I’m creating new habits that will contribute positively to life-long good health and fitness.”

*Natalia Hill, 34, Software Engineer; Charlotte*

“I began to notice positive changes in my attitude and weight right away. It was the first time I was given the knowledge and understanding behind what and why I was eating, not just told what to eat, and when I was empowered I was able to make more responsible choices. The boot camp re-awakened my love of reading and learning and I feel so motivated to continue improving my health. The tai chi has been amazing for helping me regain a positive sense of body awareness & strength and for the **first time in my life, I see myself making life-long changes.**”

*Brenda Ward, 46, Charlotte*

“The Zen Boot Camp provides a friendly and pleasant, clean atmosphere. It’s effective because it combines exercise, yoga, meditation, etc. and the instructors are so courteous, friendly and easy to talk to. **I am able to sleep better at night, I’ve had positive changes to my energy and stress level, and I have LOST WEIGHT!**”

*Christine Bolden, 71, Retired, Concord*

“My energy levels have never been better. My attitude is more upbeat and I look forward to boot camp meetings. The information covered is practical and very doable. **Sifu Eric Sbarge and George are a wonderful combination for boot camp instructors. Thanks for doing this!**”

*Marcia Ilardo, 55, Accounting/Business Management, Charlotte*

“The Zen Boot Camp has been an enriching experience with tangible results due to the holistic approach of focusing on the mind, body and spirit in

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## THE PEACEFUL DRAGON

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## WHAT MEMBERS ARE SAYING ABOUT OUR ZEN SUPER BOOT CAMP

“My weight loss has been steady, and there have been many more benefits from the program. My skin has become firmer and softer, I’m sleeping better, and generally feel great. Because I’m making changes that will last a life time, this is the best program I’ve ever tried. **The focus is not just on losing pounds, but learning how to live a healthy life. And it’s fun.**”

*Ann Staples, 48, Health Educator, Pineville*

the pursuit of improved health and well-being. In the first 3 months I’ve lost 20 lbs. and feel much more energized and focused. **What makes this program so effective is learning about how the mind and spirit play such an integral role in one’s overall health.**”

*Jenny Frye, 44, Support Escalation Engineer, Rock Hill*

“After 3 months I have a lot more energy and better endurance. I feel the discussions really help to get me motivated. The instructors are very helpful. I have lost close to 20 lbs. and dropped 3 pant sizes since I started the boot camp. I have more energy and stamina and my ankles and knees no longer continually hurt. This is the first program, of the many I have tried, that I know I can lose the weight and keep it off. This program is not a diet but a lifestyle change. **This is the best investment I have ever made in myself.**”

*Richard Towell, 56, Registered Nurse, Charlotte*

“I have tried various diet programs and workouts to try to lose weight and get in shape. While some worked for the short term I felt no permanence because there was no belief system that related to me. I wanted a good support program with positive feelings and outlooks. I feel I have now found that program. The instructors/coaches all have a positive attitude and while expecting participation you are not pushed to do more than you are comfortable doing for health reasons. **The value of this program far outweighs the investment both in monetary and physical time.**”

*Dianne Hulon, 63, Secretary, Charlotte*

“I have found the boot camp to be the best solution to help me address the health issues resulting from a sedentary yet stressful lifestyle. I work at a computer for hours on end and was not getting “regular” exercise. I was also less attentive to what, how and where I ate. That has changed with the exercise of the boot camp, the support of the staff and the support of the participants. **I am truly enjoying the classes and group support.** I have the exposure to different concepts for dealing with life – I also love my lower blood pressure. Thanks!”

*Ann Boggs, 52, Accountant, Matthews*

“One of the issues I’ve had over the years in battling weight gain and being consistent with an exercise program is the lack of accountability. The Zen Super Boot Camp and its Buddy System has really been helpful with those struggles. While I work full time and travel internationally, I get to class as often as I can. **The instructors are gentle but keep the pressure on to make us stretch boundaries.** 3 and a half months and I’ve lost 25 lbs.!”

*Georgia Oakes, 56, HR Director, Charlotte*

“My coworkers have commented on the positive changes in my appearance, my ability to handle stressful situations, and the fact that **my desk is no**

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**“The instructors are amazing.** Coming into the program I was afraid that I wouldn’t have the will power to make dietary changes. I knew that the exercise would be fun, but adjusting food intake is challenging. I have been given the tools to make these necessary changes and have already seen great results!”

*Vara Reese, 29,  
Photographer, Charlotte*

**longer littered with empty energy drink cans!** As my weight is going down, my confidence, flexibility and strength are increasing. I’ve tried other diets, but the boot camp combination of Tai Chi, group support, and Master Sbarge’s instruction have resulted in the most enjoyable wellness/weight loss experience of my life. I have a degree in Health/Fitness and a book shelf full of diet and weight loss textbooks, but I had no success going it alone. **Zen Super Boot Camp does what no ordinary gym membership ever could accomplish.**”

*Anna Vordermark, 32, Marketing, Charlotte*

“The Peaceful Dragon boot camp has changed the way I view food. I have lost 29 lbs. in 5 months - it would not have happened without the structure and guidance of the instructors. **The boot camp is the best investment I have made in my health.** The program incorporates the perfect mix of information and exercise. The effects of the classes stay with me so I make better choices throughout the week.”

*Korey Klink, 41, Manager, Indian Land, SC*

“Enrollment in boot camp at The Peaceful Dragon has been the best decision I have made for myself in many years. I’m improving everything about my lifestyle because of what I am learning, along with the help of new friends through the boot camp. I’m eating healthier, exercising regular and feeling better than ever. **I look forward to my continued relationship with everyone at The Peaceful Dragon. It’s all positive for me.**”

*Charlene Shipman, 60, Customer Service Manager, Charlotte*

“I like the camaraderie and support from all the members. **Master Sbarge is always encouraging & helpful. No one feels overwhelmed or embarrassed.** What makes the boot camp so effective is the program doesn’t make you feel deprived and you don’t have to follow any rigid protocol. You just gradually start eating in a more healthy way. The value comes not only in an excellent weight loss & fitness program, but you also get Tai Chi classes. That’s not part of any other program.”

*Kathy Crowe, 65, Web/Graphic Designer, Charlotte*

“I was nervous starting the Zen Super Boot Camp - one more thing that I would fail at and it would end up just like all the other failed attempts at weight loss. Then I found that this boot camp is different, it is more than just weight loss it is about working with others in the same boat as you, coming together almost as a community and realizing you are not alone. The effects have been obvious not just in weight loss but **I have also let go of a lot of my negative thinking about myself and food.** I can feel how much I have changed, which I never thought I would. In a lot of ways this Zen Super Boot

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*Korey Klink, 41, Manager,  
Indian Land, SC*

Camp has changed my life. **No more feeling like a failure and eating to cover it up – now I feel great about what is happening in my life finally.**”

*Jennifer Smith, 35, Mom, Charlotte*

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*Vara Reese, 29, Photographer, Charlotte*