

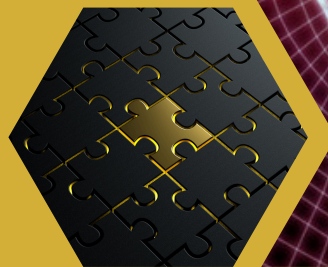


THE ULTIMATE MIND-BODY MAKEOVER

Rehab for your lifestyle

**A WEEKEND AWAY AT A STUNNING
RETREAT LOCATION TO WORK ON
CHANGING YOUR DEFAULT INSIDE
YOUR MIND.**

A complete nutrition overhaul based on real food designed to realign your weight loss hormones and accelerate your body's ability to better burn body fat.



**WHEN YOUR MIND GOES FIRST,
YOUR BODY WILL FOLLOW**

ALTERED STATE TRAINING

Altered state training teaches you how to relax and quieten your mind. It then goes deeper. In your alpha and theta states (slower brain wave frequencies) you can alter the default inside of your mind that causes self-sabotage and emotional-based eating and drinking.

- ✓ Visualisation & self-hypnosis for lasting weight loss
- ✓ A proven approach to sustainable and accelerated fat loss

ACCELERATED FAT LOSS

Packed with a range of exercises to not only quickly retrain your mind but help accelerate your body's ability to burn body fat.



About your hosts and
the location

To book a call
WWW.GLOOLIFESTYLE.COM/CALL

**BOOK
NOW**

VENUES

Our retreats operate from a range of venues in the UK (London, Bath & Cornwall).

Your Stay

You will arrive on Friday evening for supper with an early Saturday morning start to begin your truly life-changing experience.

Depart Monday morning after breakfast.

All meals provided. Single beautiful accommodation, all en-suit.

YOUR TEAM



Allison Rumgay



Darren Tebbenham

Allison is a sports science graduate with 30 years experience helping ladies typically in their 40s and 50s to lose weight. She is qualified as a menopause weight loss practitioner and coaches women both online as well as on-retreat.

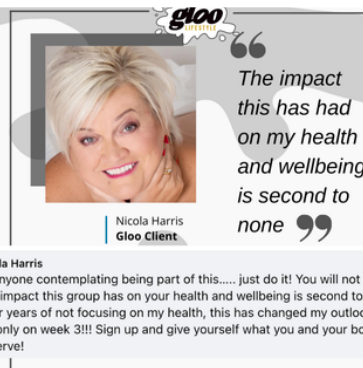
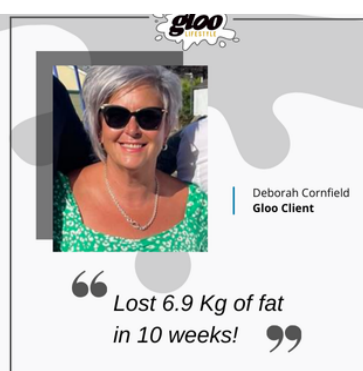
Darren is a specialist mind control coach with a background as a University lecturer and trainer of trainers having retrained more than 3000 health and fitness professionals in this field. He possesses a masters degree in psychology and is a qualified meditation instructor.

OUR LADIES

Over many years we have helped hundreds of clients achieve life-changing results. We have done so inside our personal training studios, online and on our retreats.



It's hard to put into words the change...all my emotional connections and experiences with diets and exercise have been turned on their head...The GLOO team are just brilliant. I find the GLOO community great to be part of. Everyone encourages everyone else. I have a good laugh too... Working with GLOO has enabled me to lose 6 stone, take back control, to prioritise my health and I just feel well. GLOO has provided all the right ingredients for change. Thank you.



Nicola Harris
To anyone contemplating being part of this..... just do it! You will not regret it. The impact this group has on your health and wellbeing is second to none. After years of not focusing on my health, this has changed my outlook.... And I'm only on week 3!!! Sign up and give yourself what you and your body deserve!



Sharon Cope
1 review

★★★★★ a month ago

Positive: Communication, Professionalism, Quality

Alison and Darren are such wonderful inspirational people, they have a passion to make a difference to your life which becomes infectious. They are making a huge difference in my life giving me confidence and encouragement, I've always been very wary about gyms as I am partially sighted but they guide me around and give me confidence



2023 CLIENT OF THE YEAR - Belinda Wells !

ARRANGE A CALL



WHO ARE YOU?

If your clothes don't fit right and you feel uncomfortable in your own skin, we can help!

We specialise in helping our clients **take back control** of their weight, health and wellbeing by shifting their mindset and re-teaching them a way of eating that accelerates fat loss.

We help our clients eat in a way that realigns their key weight loss hormones and therefore makes keeping the weight off after they've lost it easy and effortless.

What are we offering?

- An exclusive retreat to get away and reboot your mental and physical wellbeing
- A mind control strategy to stop self-sabotage and prevent emotional and stress-based eating and drinking
- A proven approach to accelerated fat loss to absolutely ensure a result that will stick!

ARRANGE A CALL
www.gloolifestyle.com/call