



Optimize 01: **Barbados**

Access Granted*

**We're all human,
trying to get a little
better at what we love
every day.**

The **Optimize 01** program is a carefully designed pathway converging the intersection of science and spirituality.

This program will guide you towards a better understanding of yourself and give you the tools to maximise your performance in business and life.

The human mind & body is the instrument we play to achieve greatness.

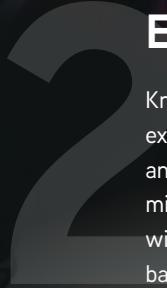
Optimizing it for peak performance requires the
very best **knowledge, experience** and **community**
to support you on your journey to unlocking your
full potential.





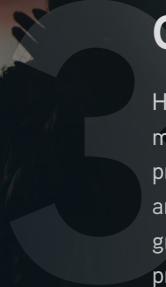
1 Knowledge

We pull together the world's leading scientific research, information and content and translate it into a practical learning experience that will give you more clarity and save you time in a world of information overload.



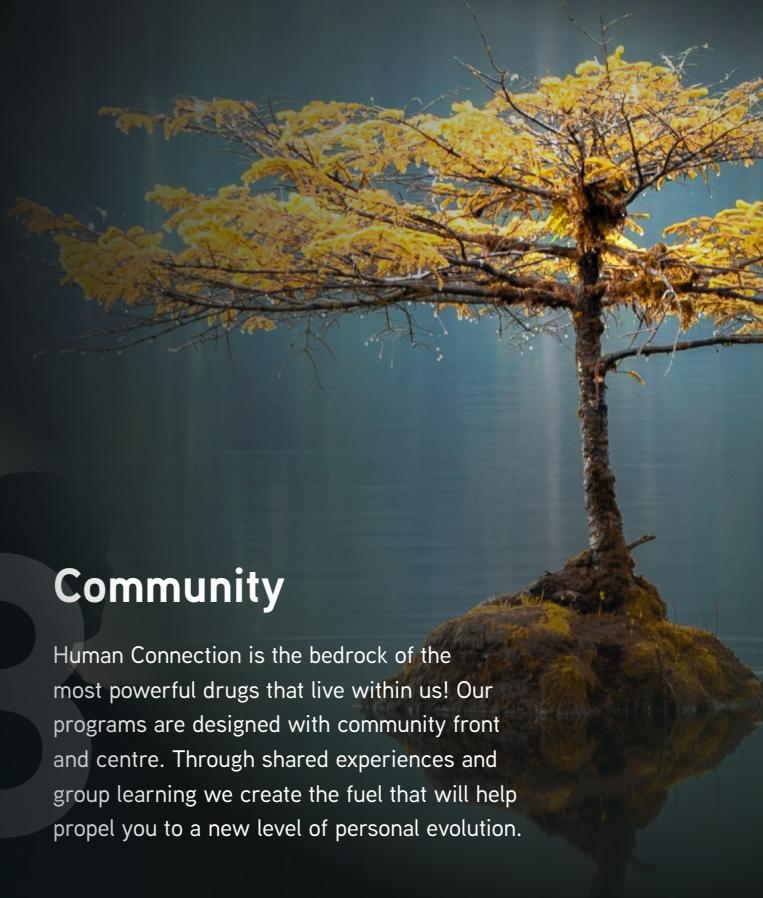
2 Experience

Knowledge interwoven with personal experience is how we cement our learnings and reach new levels of wisdom. Through a mixture of ancient and modern exercises you will experience the feelings first-hand that will back-up your new found knowledge.



3 Community

Human Connection is the bedrock of the most powerful drugs that live within us! Our programs are designed with community front and centre. Through shared experiences and group learning we create the fuel that will help propel you to a new level of personal evolution.



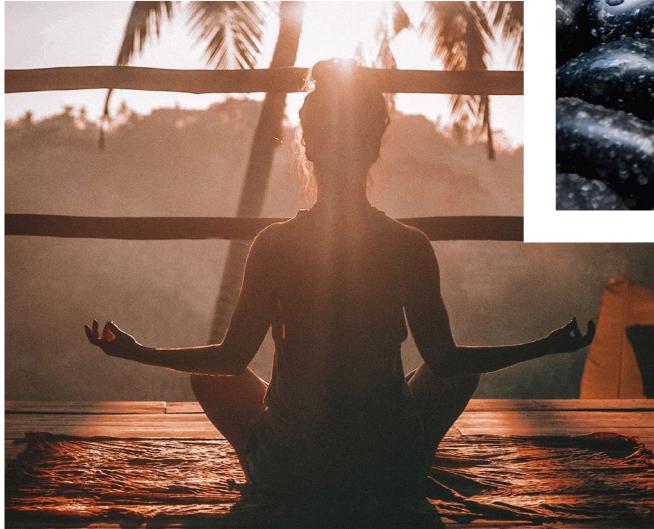
Optimize 01 takes place in a secluded sea front location on the mystical Caribbean island of Barbados

3 Night, 4 Day Retreat:

- Optimize 01 Program
- Return Flights from Gatwick to Barbados
- Sea Front Villa Accommodation
- Fully Inclusive Food & Drinks Package, Including Evening Restaurant Reservations
- Group Activities: Yoga, Meditation, Bike Ride, Boat Trip & Turtle Diving
- Massage Treatment

£3,000

Per Person



It wasn't what I expected
if I'm honest.

It was a hundred times
better.



“On the last day we all met and made commitments to each other and ourselves to make changes to our lives for the better, which was my greatest moment from the trip.”

“ Being a little more open in how I’m feeling is definitely a big change I’ve made since Barbados. Identifying that during the programme is something that impacted me and continues to impact me.





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