

**Enhanced Lifestyles, Ltd.**  
**A Division of Schramko & Associates, LLC**

February 20-22, 2013  
Fiesta Americana Condesa  
& The Miiluma Spa  
Cancun, Mexico



*Trilogy for Success:*

***The Mind, Body & Spirit***

***A Total Well-Being Experience®***

Submit Your Registration by January 20, 2013 & Save!

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# *Trilogy for Success:*

***The Mind, Body & Spirit  
A Total Well-Being Experience©***

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**At Fiesta Americana Condesa & The Miiluma Spa in Cancun, Mexico**

**Sponsored by Enhanced Lifestyles, Ltd  
A Division of Schramko & Associates, LLC**

**February 20 – 22, 2013**

## **DEVELOP SKILLS TO MAXIMIZE LIFE SATISFACTION**

- ✓ If you are dissatisfied with where you are at in life, it's time to take time out to focus on what is truly important, how you obtain it, and when. This experience will provide you with answers to life-changing questions and more.
- ✓ If you feel your life is out of control because of the daily stressors you face; out of balance because there's never enough time for you or those important to you; and out of your life's purpose because you feel lost and without a plan, ***The Mind, Body & Spirit Total Well-Being Experience©*** will map your personalized course.
- ✓ By attending this program, you will leave with a new sense of purpose, a renewed energy for life and where you are going, and a definitive plan for how to move forward with what you really want out of life. Through personalized coaching, you will develop the necessary skills to stay on track with your personalized plan. You may conclude each day with an optional relaxing spa treatment that will rejuvenate your Mind, Body & Spirit. Our signature 3-month post program follow-up will ensure your success.

## Presenters:



**DR. TIM D. SCHRAMKO**  
**PRESIDENT, SCHRAMKO & ASSOCIATES, LLC:**

Dr. Schramko earned his Doctorate in Management from Case Western Reserve University in Cleveland, Ohio, USA, specializing in leadership development and organization behavior. He also holds a Master's Degree in Business Administration from The University of Toledo, Toledo, Ohio, USA. His added qualifications to teach personal strategic planning & emotional intelligence concepts come from his Doctorate Degree and as a member of the Faculty at Case Western Reserve University.



**DEBORAH S. SCHRAMKO, CPMSM, CPT**  
**VICE PRESIDENT, SCHRAMKO & ASSOCIATES, LLC:**

Mrs. Schramko earned her professional certifications from the National Association of Medical Staff Services as a Certified Professional in Medical Services Management, and is a Certified Personal Trainer, Instructor & Counselor through the Aerobics & Fitness Association of America. As an entrepreneur, she created several health & wellness facilities, and serves as a national consultant for the promotion of wellness and health management.



## **Day 2: The Health of the Body:**

### **How I Can Take Care of Me:**

8:00 AM - 9:15 AM

#### **Stress Management Skills:**

**Deborah Schramko, CPMSM, CPT**

You will be individually coached on the process of discovering what is negatively impacting your day, including developing an understanding of the contributing role of nutrition. Life's stressors affect our choices, affect our satisfaction with what we are doing, and impact our health status. This learning process will help you understand what causes stress and how it works positively and negatively in your life. A comprehensive interactive discussion will reveal the most effective stress prevention and stress management tips and techniques for you to implement. You will conclude this segment with essential knowledge about how to manage your life through a greater sense of control:

- Learn how to effectively eliminate, minimize & cope with daily stressors
- Learn principles of good nutrition & how it impacts your performance
- Create an individualized Stress & Time Management Plan

9:15 AM - 9:25 AM

#### **Break**

9:25 AM - 10:15 AM

#### **Nutrition & You:**

**Deborah Schramko, CPMSM, CPT**

10:15 AM - 10:25 AM

#### **Break**

10:25 AM - Noon

#### **Time & Priority Management Skills:**

**Deborah Schramko, CPMSM, CPT**

Noon – 1:00 pm

#### **Lunch Included at Buffet or Hotel Restaurant of Choice**

1:00 PM – 2:00 PM

#### **The Miiluma Spa Treatment: (Optional)**

- For care of the skin, this Hydrotherapy circuit will prepare the mind and the body before the spa treatment. 30minutes.
- Exfoliation 30minutes. This treatment removes dead skin cells from body. Your choice of 1 of the following options:
  - a.- Honey
  - b.- Lavender
  - c.- Coffee
- Souvenir: Special Miiluma natural soaps kit.
- Reduced pricing for conference attendees.



### **Day 3: The Power of the Spirit:**

#### **Reinventing Myself:**

8:00 AM - 9:15 AM

**Spiritual Development in You:**

**Dr. Tim Schramko**

**Deborah Schramko, CPMSM, CPT**

You will learn how to connect your Spirit with the Mind & Body to achieve an individualized action plan that links **The Trilogy of Mind, Body & Spirit©** to achieve:

- **success** in life/work balance
- greater **life satisfaction**
- a renewed **sense of purpose**
- for **total well-being**

9:15 AM - 9:25 AM

**Break**

9:25 AM – Noon

**Spiritual Development in You:**

**Dr. Tim Schramko**

**Deborah Schramko, CPMSM, CPT**

Noon - 1:00 PM

**Lunch Included at Buffet or Hotel Restaurant of Choice**

1:00 PM - 2:00 PM

**The Miiluma Spa Treatment: (Optional)**

- Hydrotherapy circuit to prepare the mind and the body before the spa treatment. 30 minutes.
- We offer you the signature Miiluma treatments. Your choice of 1 of the following options.
  - a.- Hot Stones Massage
  - b.- Relaxing Miiluma Massage with Avocado Oil.
  - c.- Hydrating Facial
- These treatments are the perfect complement to conclude your Mind, Body & Spirit experience. The Miiluma signature treatments have a great effect on restoring balance.
- Souvenir: Aromatic mask for the eyes.
- Reduced pricing for conference attendees.

