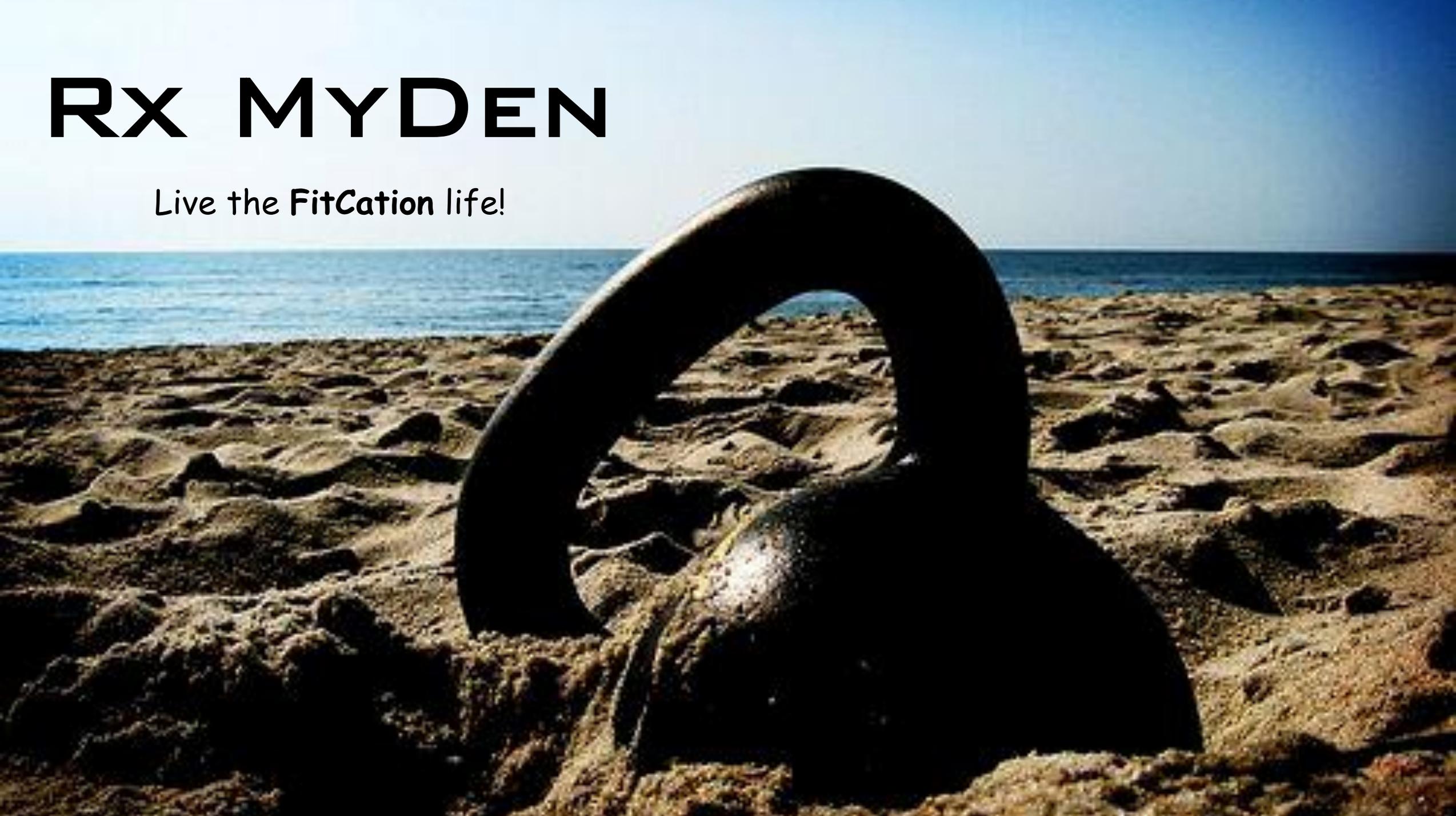


RX MYDEN

Live the FitCation life!



About us

- Whether you are a “fit” athlete or a “no-voice” exerciser, we challenge you to challenge yourself to train under some of the world’s most elite trainers and with other athletes from all over the world to achieve heights unimaginable. We offer a positive and motivating group to travel new lands for their Health & Fitness, along with discovering lands in completely breath-taking perspectives. These adventures elevate the energy levels, and will inspire you to reach your fitness goals in so many different ways.

Our Vision

Life is full of stress and challenges – it is almost impossible to devote enough time in our hectic routine-life to achieve good Health & Fitness. Rx MyDen provides that window of opportunity and encouragement to our athletes to concentrate on the well-being of their Mind, Body & Soul in a positive and stress free atmosphere. One-step into our training camp will change the way you define your vacation and training methods – which is what we call ***Fitcation!***

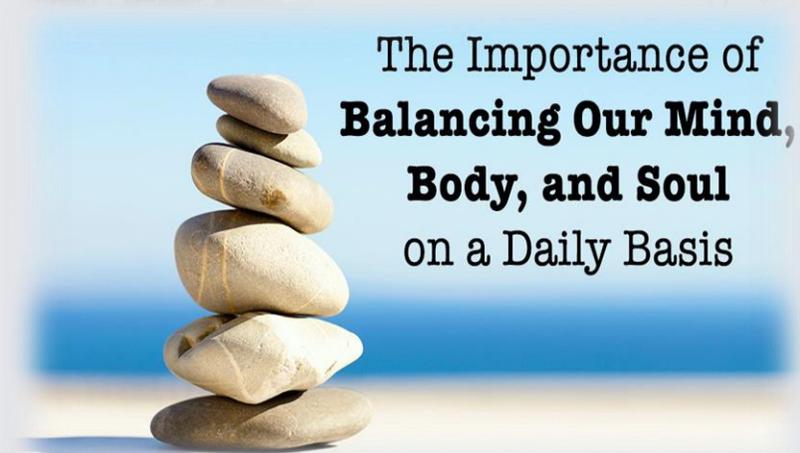
RX MYDEN



FITNESS

Why FitCation?

- Life is full of stress and challenges – it is almost impossible to devote enough time in our hectic routine-life to achieve good Health & Fitness.
- FitCation allows you to:
 - **Retreat** from routine-life.
 - Empower the **Mind, Body & Soul**.
 - Grow on a global scale by **Connecting** with athletes from all over the world.
 - Discover new lands and new ways of life to broaden your **Perspective**.
 - Train in a **Disciplined & Focused** environment.



The Importance of
**Balancing Our Mind,
Body, and Soul**
on a Daily Basis

