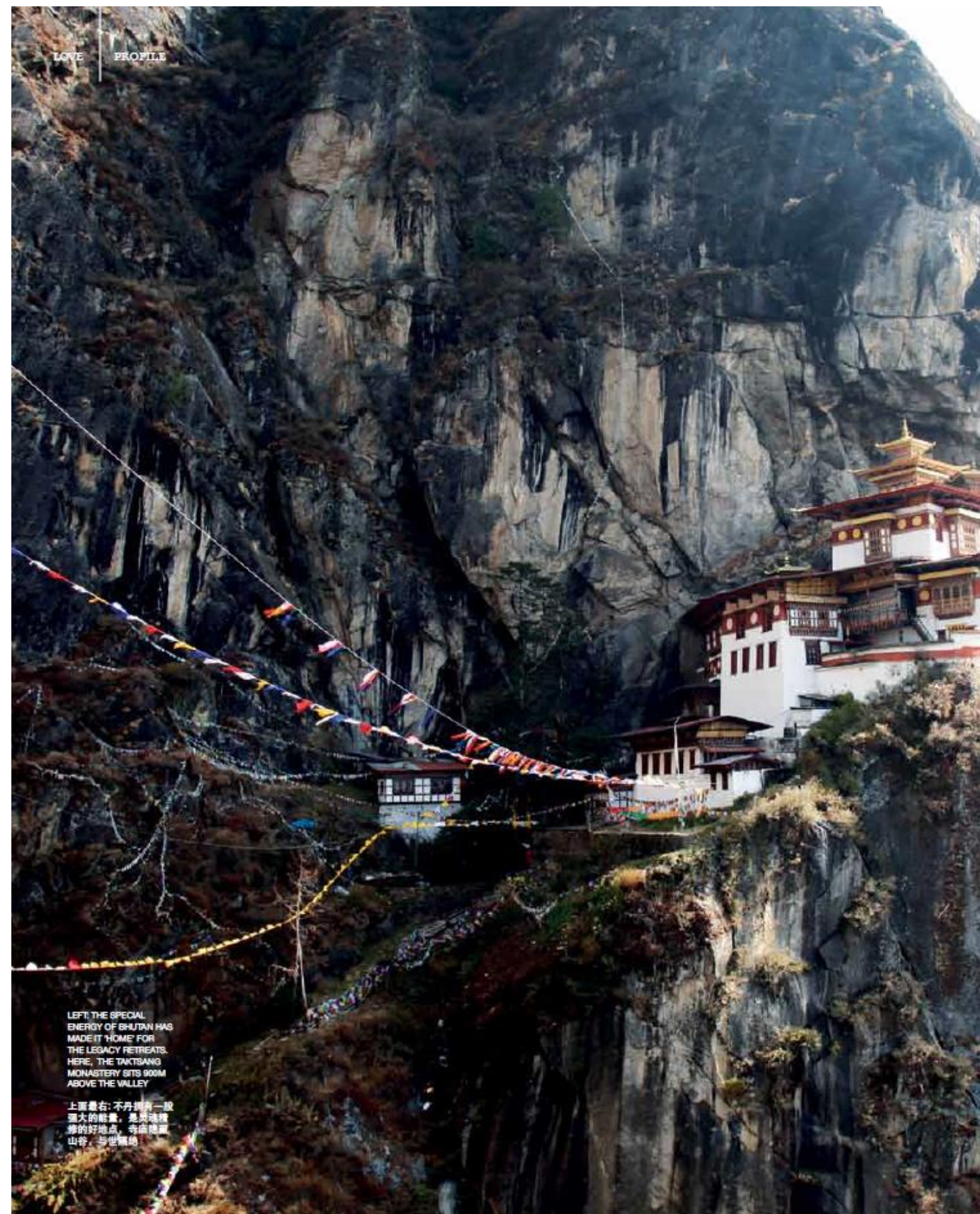


EAT STAY LOVE

飨游录

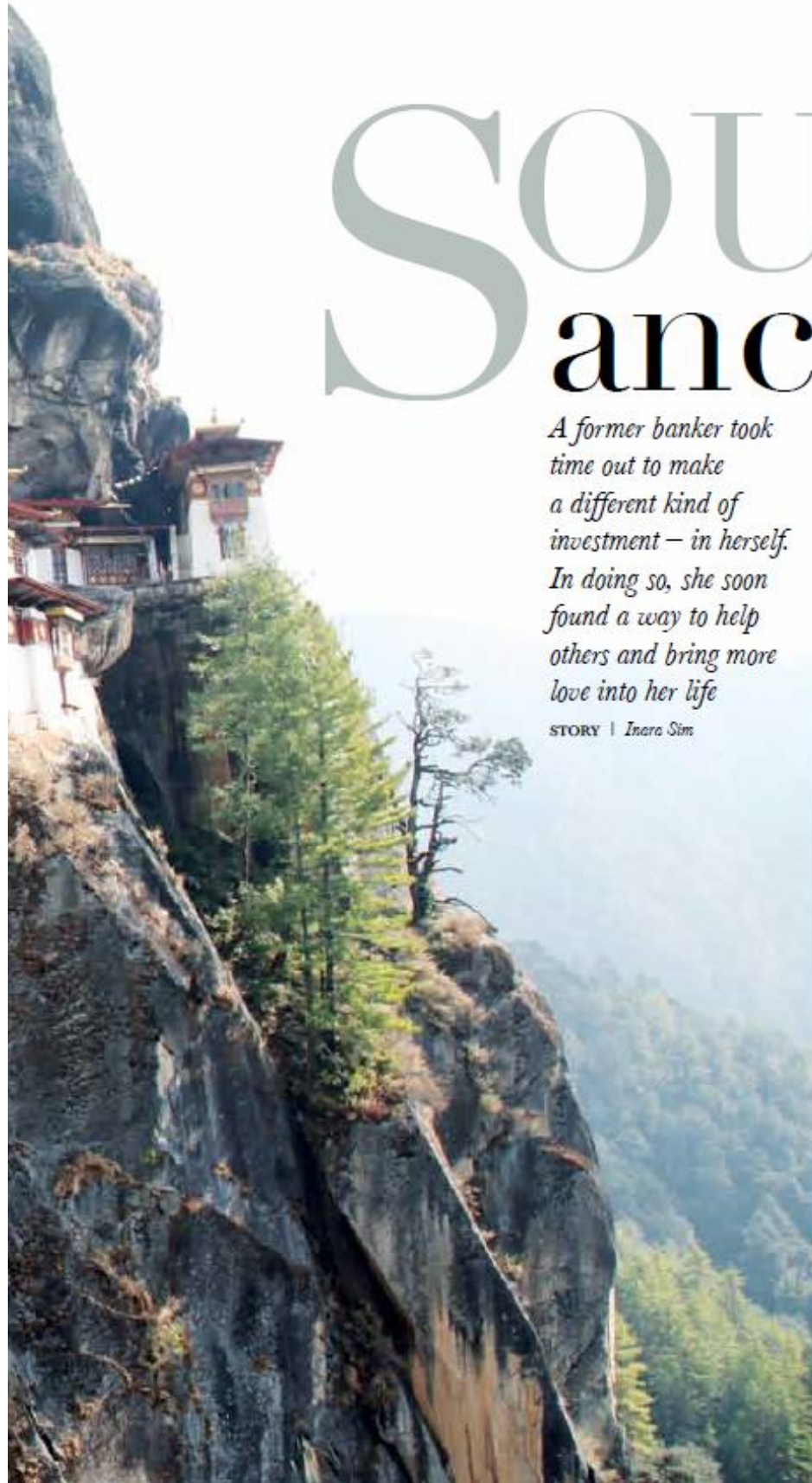
S U M P T U O U S L I V I N G





LEFT: THE SPECIAL ENERGY OF BHUTAN HAS MADE IT 'HOME' FOR THE LEGACY RETREATS. HERE, THE TAKTSANG MONASTERY SITS 900M ABOVE THE VALLEY

上面是右: 不丹拥有一股强大的能量, 是冥想精神的好地点, 寺庙隐于山谷, 与世隔绝



SOUL 灵魂圣殿 Sanctuary



A former banker took time out to make a different kind of investment – in herself. In doing so, she soon found a way to help others and bring more love into her life

STORY | Inara Sim

In this age of fast and busy lifestyles, walking the work-life tightrope is a perennial challenge. Crystal Lim Leahy should know. Four years ago the former banker and her husband Mark were living in Singapore, both deeply entrenched in their work, with little time for each other, much less for their three young children. “We realized we needed to take a break and reconnect with each other and the kids,” she says.

The couple attended the Hoffman Process in Byron Bay, Australia, an intensive retreat described as “eight years of therapy in eight days”. It was cathartic, powerful, and effective. “It made a huge difference to our lives,” she says. “It changed the way we communicated with each other.”

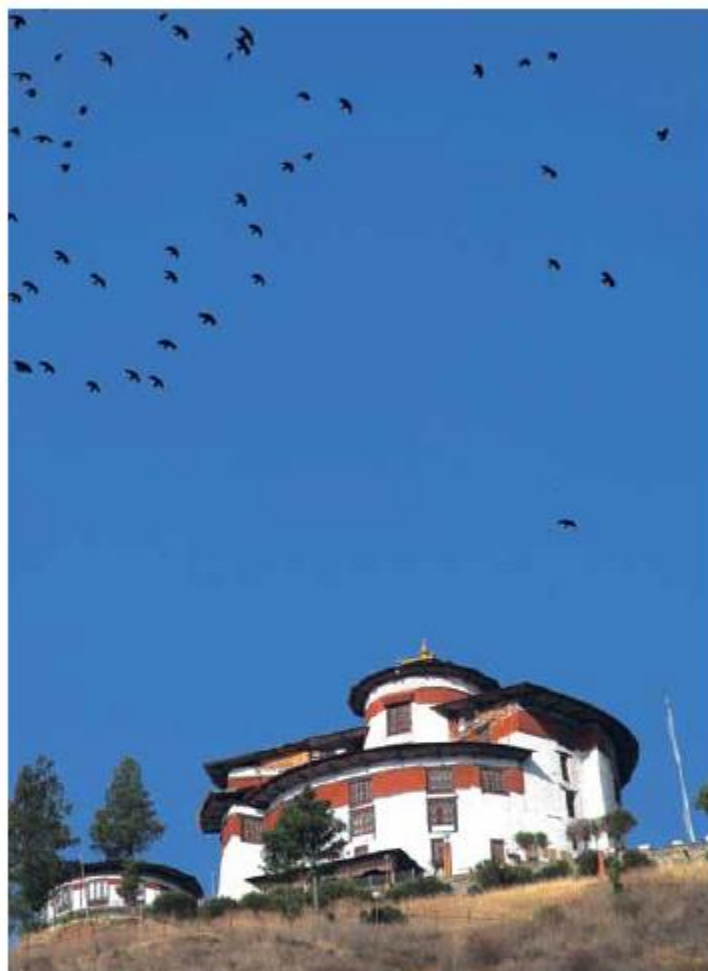
The experience profoundly affected them and prompted them to leave the financial security of their lives in Singapore for a sabbatical in rural Victoria, Australia. They bought a small vineyard and farmhouse in the countryside. “We had to get back to basics,” says Lim Leahy. “It was completely different to the life we’d

RIGHT: FOUNDER
CRYSTAL LIM
LEAHY AND HER
HUSBAND MARK

FAR RIGHT &
BELOW
ACCORDING
TO LIM LEAHY,
BHUTAN'S CRISP
AND COOL
WEATHER OFFERS
EMOTIONAL
CLARITY

右图：创办人
Crystal与丈夫
Mark

本页最右及下面：
不丹清爽怡人的
气候让人心旷神怡，头脑清醒



left behind, but it was the change we needed.”

The couple's life-changing experience in Byron Bay had also got them thinking. “What if we could create a programme that was as powerful, deep and profound as the Hoffman Process?” she says. “What if we did it in a way that was completely nurturing, more holistic, gave people more time for themselves, and on a shorter schedule to suit time-poor people?”

Two years later and Lim Leahy is the founding director of Legacy Retreats, a five-day programme of mindfulness, emotional healing and spiritual awareness. Health and wellness retreats have become increasingly popular, but a truly holistic wellness retreat is more than just yoga classes and some massage treatments.

Lim Leahy believes that instead of a vacation from the stresses of everyday life, this type of retreat should be a catalyst for a new way of living. Now in their second year of operations, Legacy helps people rebalance, find space and clarity, and discover a more meaningful way of living.

While other retreats and wellness spas offer a dizzying array of programmes, Legacy prefers a holistic approach because issues manifest themselves in all kinds of ways, and it's not as simple as just treating one area. This means that every programme is synergistically designed, and all their therapists work together and communicate with each other about each client.

The location of the retreat also plays a special importance to the Legacy experience. After so much international travel in their previous jobs, Lim Leahy and her husband had a good idea of the type of venue they wanted. “It was important we had somewhere serene and tranquil with a certain spiritual energy,” she says. “The kind of work we are doing is powerful exploration of self, and the surroundings are a big contributing factor.”

The retreats have gone to Bali, Vietnam and Australia in the past, but Bhutan is ‘home’ for Legacy at the moment. “Bhutan has a special energy; we're cradled by the Himalayan ranges and you feel safe and supported by the mountains.

The weather is crisp and cool, and there is a certain emotional clarity you get from that.”

So can a wellness retreat really change your life, and is five days enough to do it in? Lim Leahy insists the retreat is not designed to “fix” everything over a long weekend, but to refocus your outlook and give you the tools to live a better life.

“We give you a map of your life, and the design of the cage you have built that is holding you back,” she says. “You have to fashion the key for yourself.” ■





We give you a map of your life, and the design of the cage you have built that is holding you back

我们给你一张生命的地图，让你裹足不前的就是你自己建筑的牢笼

生活在这个节奏飞快的年代，要在工作与生活取得平衡，是一项大挑战。林克莉斯特就处于这个环境。四年前，这位银行界女强人和丈夫马克在新加坡打拼，夫妻俩聚少离多，没时间关心三个孩子。克莉斯特说：“我们意识到是时候停下来，重新了解彼此。”

这对夫妻到了一趟澳大利亚，并在拜伦湾参与一个名为Hoffman Process的修行疗程。疗程被喻为“浑然天成，8日之内得到8年修行”。克莉斯特说：“它大大改变了我们的沟通方式和生活。”

回到新加坡后，这对夫妻跳出安全区，辞去金融界的高薪工作，飞到澳洲维多利亚郊区开始新篇章。他们买了一小片葡萄园，在郊外盖了一栋农舍。“我们必须回到原点。虽然目前的平淡生活和以前截然不同，但我觉得这样的变革是必要的。”

这对夫妻在拜伦湾所经历的经验也进一步启发了他们开创新契机。“如果我们像创建类似Hoffman Process的深度疗程，那该有多好！若疗程更短但更全面，那应该可以帮助到更多人。”

两年后，克莉斯特成为Legacy Retreats的创办人，她的五日修行疗程着重于身、心、灵的调整与愈合，推出后便

深受游客欢迎。

克莉斯特相信，静修之旅已取代观光旅游，成为现代人减压的度假方式。

和其他静修疗程不同的是，Legacy Retreats静修的地点也是慎重挑选，为顾客提供完美的体验。“我们需要一个既安详又宁静的地方，并且要具有一种精神能量。”不丹是Legacy的下一个静修之选。

“不丹不止空气清新，而且有一股神奇的能量。”

克莉斯特认为，静修并非可在一个长周末“修理”你生命的一切。“我们给你一张生命的地图，让你裹足不前的就是你自己建筑的牢笼。你必须自己寻找钥匙。疗程不是最终的结果，结果是由你自己来实现。”

Legacy为所有客人提供全面的“售后服务”，包括个性化的疗方、气功和呼吸方法、冥想练习和推荐音乐。他们还定期为顾客提供Skype通话保持联系。

克莉斯特说，要开始过你的新生活，你得花时间冥想和反省。“为了使生活充实有意义，我们必须意识到出发点是什么，而不是仅仅地过日子。你要不时反问自己这个问题：我是想活得正确，还是我想活得快乐？”

我想，克莉斯特已找到了答案。■



ABOVE: SUNSET IN BALI, ONE OF THE POPULAR DESTINATIONS FOR THE RETREATS

LEFT: THE RETREATS HAVE BEEN HELD AT THE NAM HAI HOI AN IN VIETNAM

上面：巴厘岛是静修的热门景点。图为巴厘岛的日落

左面：越南的 Nam Hai Hoi An 也是静修的好地方