

# the mint partners

DATE: May/June 2014 PUBLICATION: International Traveller BRAND: Legacy Retreat

CIRCULATION: 35,000

READERSHIP: 500,000

DUBLIN | MEXICO | JORDAN | NEW ZEALAND | LONDON | ALASKA | BALI | JAPAN



# INTERNATIONAL traveller

FOR MODERN EXPLORERS

**10**  
**SEXIEST**  
**POOLS**  
**ON EARTH**

WHY YOU SHOULD LOVE  
THE COOK ISLANDS

HOT 'HOODS IN  
COOL BEIJING

CHECK IN TO  
AMSTERDAM'S  
HIPPEST HOTELS

THE DIVINE  
ALLURE  
OF ISRAEL

TRAVEL WITH TEENS  
A SURVIVAL GUIDE

*Go on, dive in!*

**+ THE SPA LUXE LIST**



SPA • WELLNESS

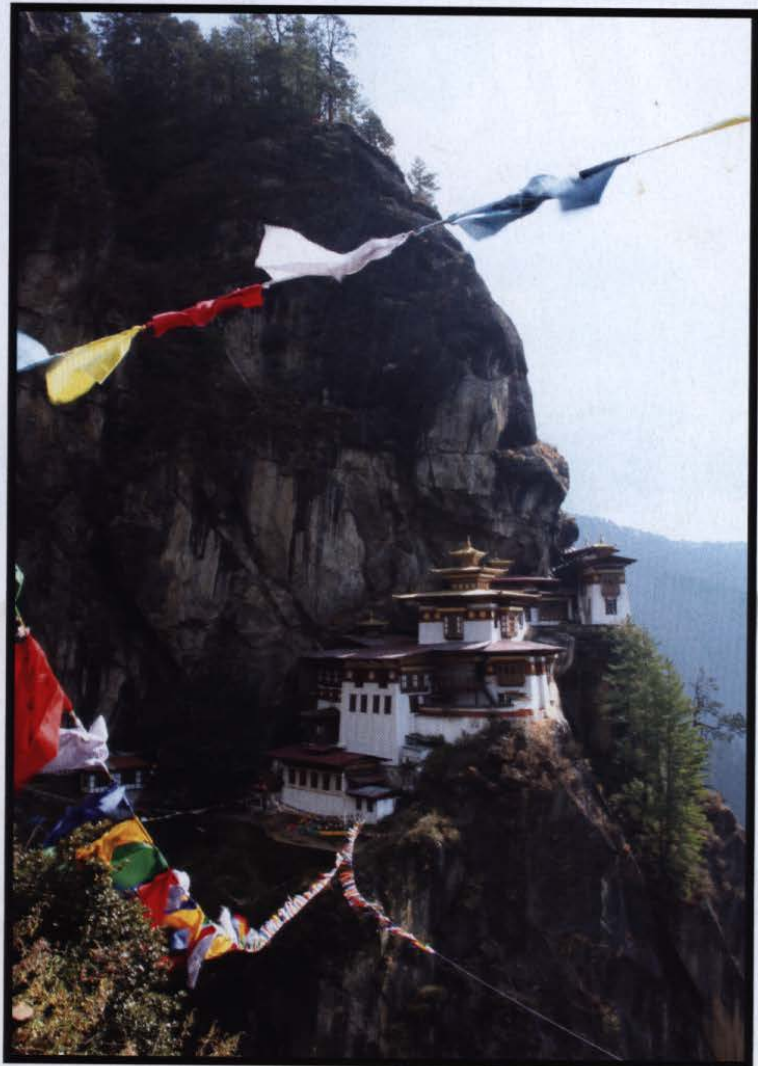
# *Well* TRAVELLED

More than just yoga poses and organic food, these new retreats – one in New Zealand, the other in Bhutan – combine strict discipline with physical wellbeing and emotional awareness, all softened by stunning surrounds.



## ARO HA WELLNESS

Chris Madison and Damian Chaparro are unlikely bedfellows: Chris is a former hedge fund wunderkind who made big money on the world financial markets, while Damian, raised by a hippy mother, is a world-class wellness educator. They met when Chris visited the ashram in California where Damian was teaching at the time; Chris swore it was a one time only thing. Their friendship was cemented when he returned six months later. Friendship developed into a business partnership when the two started discussing the possibility of opening a wellness retreat together, somewhere people could come to immerse themselves in the practice of yoga and all things healthy in expansive, luxurious surroundings. After years of searching for sites around the world, they homed in on New Zealand, a country filled with fresh air and vast tracks of unspoilt land. And Aro Ha was born. Located on an 8.4-hectare site 35 minutes' drive outside of Queenstown on New Zealand's South Island, the centre is an environmentally conscious temple to health and wellbeing, where guests come for five- or seven-day programs of vinyasa yoga, introspective techniques, sub-alpine hiking, dynamic movement and organic detoxifying cuisine. There's no coming and going: activities are compulsory and experienced as a group, although they can be tailored to health and skill levels, and there is no popping down to town (the township of Glenorchy is five minutes away) to sabotage all that good work. But, with its architecturally designed lodge, with uncluttered yet cosy rooms, restful common areas, vast yoga studio and its outdoor pool overlooking jutting mountain ranges, there is never a feeling of being isolated, rather a sense of being enveloped in total goodness. [aroha.com](http://aroha.com)



## LEGACY RETREAT

Crystal Lim Leahy is the perfect proponent for her brand of wellness: emotional healing, intellectual mindfulness and spiritual awareness. She is bright-eyed and extremely present when we meet for lunch; before long she is detailing her life story – a high octane existence in the financial industry, moving from one country to another, marriage, children, the GFC. All of this is told not in a gossipy way, but rather to illustrate the journey to the launch of Legacy Retreat, of which she is a founding director. Having dealt with emotional issues in her life through therapy and counselling, Lim Leahy made a decision that her true calling was not on the money markets but rather in helping others deal with similar situations. She searched out professionals in the fields of psychotherapy, meditation and coaching and, with their help, formulated a program of intensive therapy workshops that are complemented and integrated with daily sessions in Qigong and Ayurvedic and Oriental medicine-based treatments. Retreats take place in suitably luxurious and nurturing surrounds in locations designed to feed the soul, like the mountain-top kingdom of Bhutan, to provide respite after all that mental and emotional enlightenment. [thelegacyretreat.com](http://thelegacyretreat.com)