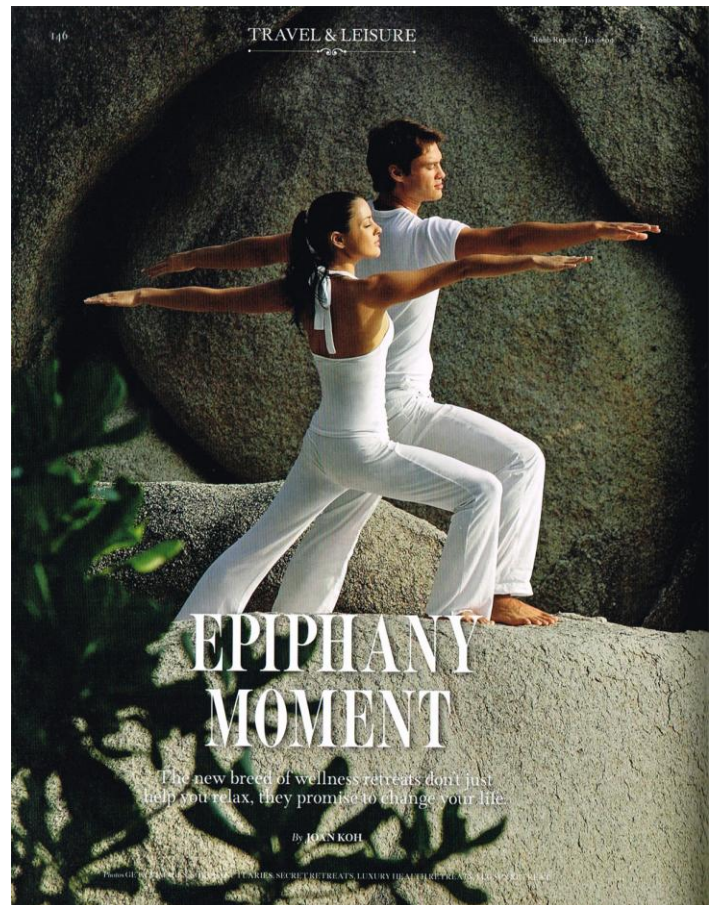
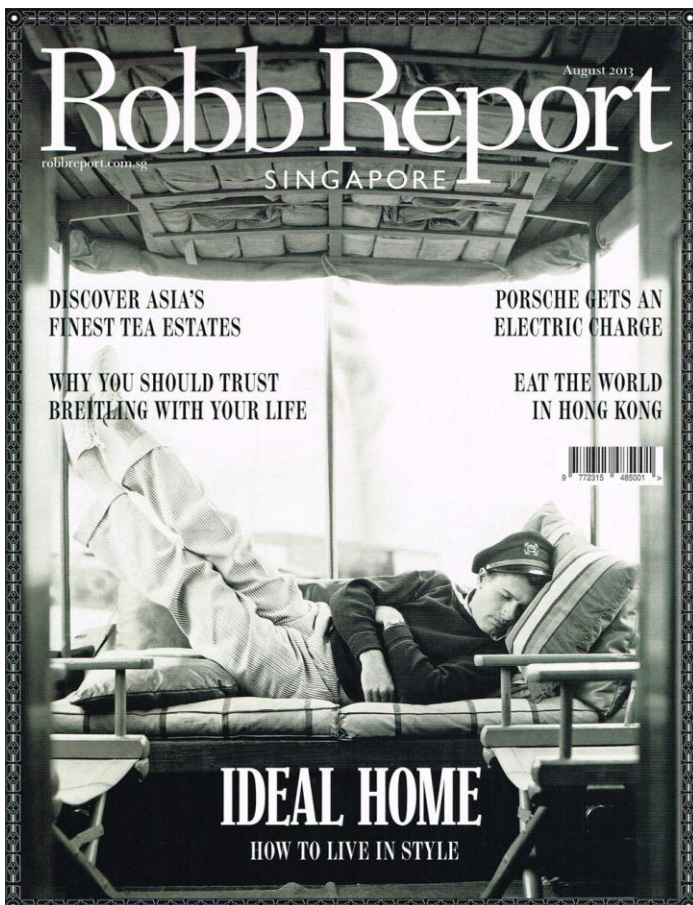


Robb Report Singapore

August 2013

Extract.

The spa revolution is coming to an end. Today, the frazzled are increasingly swapping bath salts for an integrated body, mind and spirit detox that includes me-time to contemplate life, journey inward and emerge renewed – perhaps changed forever.



Legacy Retreat, too, strives for a physiological, psychological and physical balance, marrying Eastern and Western ideas for tailor-made, rejuvenating holidays. Pioneered last year by husband-and-wife team Mark and Crystal Lim Leahy, Legacy Retreat addresses the needs of body, spirit and mind with structured, cohesive programmes.

The retreats, held four to six times a year, have taken place in Australia, Vietnam and Bali. A new destination, Bhutan will be added in July.

The Leahys are finance industry veterans, who left their jobs during the sub-prime crisis five years ago to “reboot” and spend time with their three young children. The constant stream of visitors calling at their countryside vineyard home in the Mornington Peninsula, south of Melbourne, looking for fulfillment and happiness got them thinking about a retreat that didn't involve brutal, physical hardship or mystical, navel-gazing exercises.

Lim Leahy confesses: “My secret weapon for maintaining my wellness is actually regular sessions with highly skilled therapists Jutka Freiman and Volker Krohn, who are on my team at Legacy Retreat. Through them, I have learnt to focus on what feeds my passion, how to maximize my strengths, and deal effectively with negative behavior. This made an amazing difference to my attitude and has also empowered me tremendously. I wanted to develop a programme where people could rebalance, fortify themselves, honour their spirit and be inspired to live fulfilling lives”

Freiman and Krohn are psychotherapists who specialize in experimental therapy. Together with acupuncturist Mark Phillips, they customize group workshops, individual sessions, physical activities and body treatments for the five-day retreat. Participants leave with a personalized prescription that includes physical exercises, breathing methods, recordings of three and 5 minute meditations and even music playlists. Post-retreat follow-ups consist of conference calls for three months. Additional coaching and executive leadership programmes can be facilitated for a fee.

TRAVEL & LEISURE



offering thoughtfully curated, nurturing and inspiring holidays in the region for those who're a more laid-back, possibly life-changing, option.

The city's backdrop that many of its most profound highlights is a result of a mix of natural beauty and human ingenuity. Despite its location in a remote area, it's a place where you can find all the best of urban destinations. For you, there are no getting close to nature and a great way to cleanse, heal and give the soul a break.

A wellness coverage of sorts, Walker looks for practitioners who offer holistic retreats at specific resorts. In addition, he looks for programmes that work with therapists.

and across the resort on location. She will look for a variety of options over a year - expect to find a mix of wellness retreats with different components ranging from yoga and meditation, to spa and wellness, and more. The wellness retreats offer a variety of options, from a full-on wellness retreat to a more focused, one-day or two-day retreat. Walker also looks for retreats that offer a mix of wellness and other activities, such as hiking, yoga, and more.

Walker sources practitioners to lead Soul Sanctuaries retreats at upscale resorts.

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TRAVEL & LEISURE



collaborate to share their expertise with participants."

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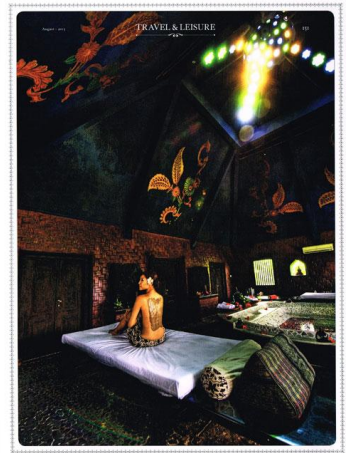


make an evening difference to my attitude and for the enjoyment of my surroundings. I wanted to develop a programme where people could rebalance, fortify themselves, honour their spirit and be inspired to live fulfilling lives."

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TRAVEL & LEISURE



He says "Working towards making a person's potential through a process of learning, development, and coaching, and empowering individuals to achieve specific goals and objectives."

Retreats are offered at five Secret Resorts, which has a portfolio of 10 small, independent hotels in Asia. Each offering a unique experience for its guests, these are ideal for those looking for an investment and nutrition, motivational skills, life coaching, and support for physical activities. He says participants get the best and discover their own potential.

The Secret Retreats programmes employ similar strategies reserved for elite athletes.

Participants go home armed with a detailed and actionable strategy for life.

TRAVEL & LEISURE

DISCOVER A NEW YOU

Are you serious about getting fit? Want to reinvent yourself? Whatever your target, there's a programme for you.



WHERE: 11-12 November
WHAT: Group workshops and private coaching sessions with psychotherapists, health coaches and fitness experts, holistic and Oriental medicine consultations and treatments with Thai Pilates.

PRICE: US\$1,000 per person for single occupancy, US\$1,500 per person for double occupancy, includes airfares, accommodation and all support activities such as guided programmes, and more.

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