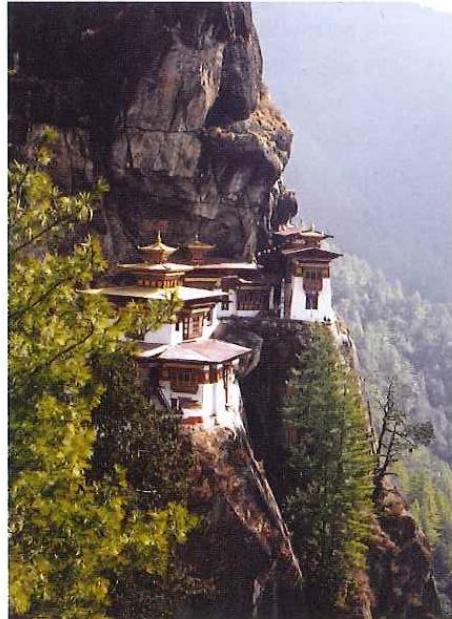


Client Legacy Retreat
Region Hong Kong
Date July – August 2013
Publication Asia Spa
Headline Escape to Bhutan
Page 56
PR Value USD 7,950

Escape To Bhutan

Escape the bustle of cosmopolitan life with the signature five-day programme from Legacy Retreats. Held in beautiful Bhutan from **July 11 - 16**, it can be undertaken by individuals or couples and focuses on emotional healing, intellectual mindfulness and spiritual awareness. Relax and recharge with Oriental Medicine-based body treatments, and delve into your consciousness to reveal your strengths and challenge your limits with gentle activities, such as qigong and meditation. Serene, secluded surroundings, plush accommodation and organic cuisine ensure this journey of self-discovery will evoke a newfound appreciation and improved life balance.

www.thelegacyretreat.com



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Calendar Wellness

Ceremonious Healing

An ancient fire ceremony that originates from sacred Vedic Hindu texts, Agni Hotra is considered one of the highest Vedic rituals, where specially trained priests make offerings into the fire whilst reciting Sanskrit mantras as blessings of health and abundance. Held on **July 21** at award-winning Fivelements, Puri Ahimsa resort in Bali, this one-day revival of the powerful healing practice is believed to energise and purify both environment and participants, welcoming those in need of an inner cleanse to experience healing in one of its most ancient forms. A three-course gourmet tasting dinner is also included, the proceeds of which go towards cultural preservation of the local area. www.fivelements.org



Bespoke Rejuvenation

Set in opulent sanctuaries for health and well-being in Asia's most exotic destinations, the new wellness programmes from hospitality brand Secret Retreats are tailored to meet the individual needs of its guests. Designed in partnership with Luxury Health Retreats, they run from **July 20 - 27** amidst the pearly beaches, tropical gardens and green rice paddies of Hotel Tugu Bali, combining European philosophies with ancient healing traditions, such as Ayurvedic medicine. Crafted to focus on fitness, weight loss or wellness, the retreats embody a sense of luxury synonymous with Secret Retreats and



also include health seminars, cooking classes, pampering spa sessions and sunset dining. www.secret-retreats.com

Coastal Finesse

Drawing from three art forms of dance, healing arts and martial arts, the sensory-based movements of Nia have become an empowering practice for people of all shapes, cultures and fitness levels, through the connection of mind, body, emotions and spirit. Combine this with the tranquility of the Daku Resort in Fiji, and this Journey Into Joy retreat becomes

the perfect antidote to hectic, modern life. Led by Nia Trainer Sophie Marsh from **August 17 - 24**, each day sees a morning stretch class precede the first of two Nia sessions, overlooking the stunning Savusavu Bay. With snorkelling, kayaking, rainforest visits and heavenly massages also on offer, guests are sure to leave with a renewed sense of health and vitality. www.niaaustralia.com.au



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