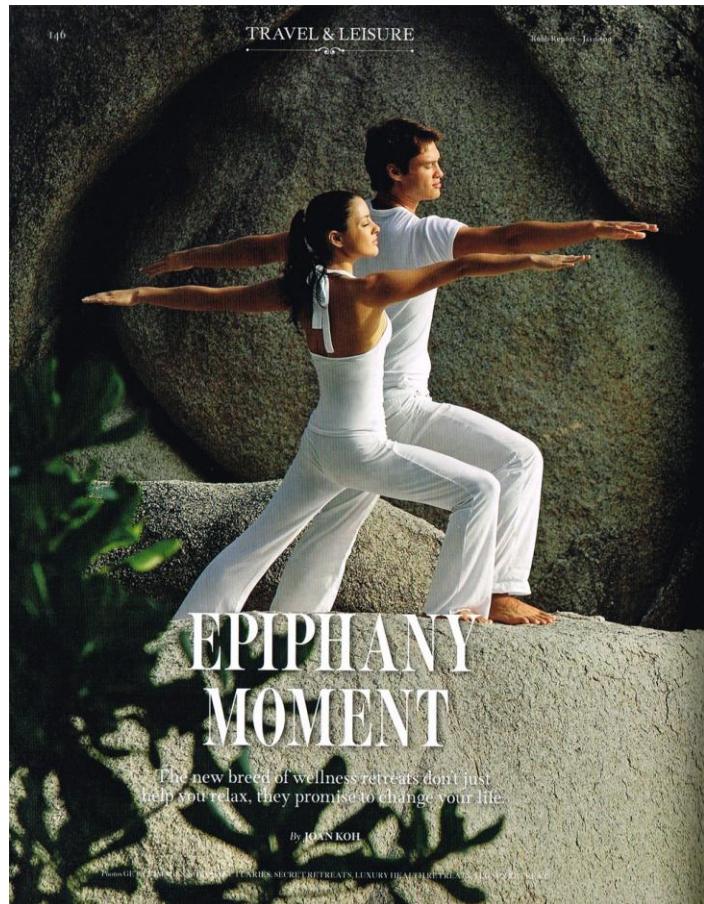
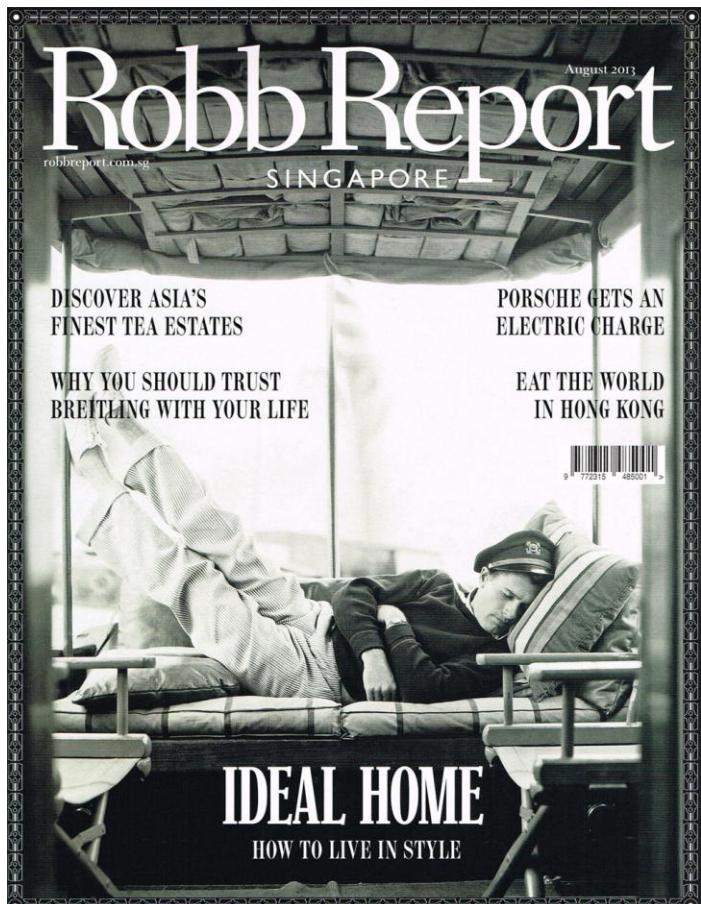


Robb Report Singapore

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.