

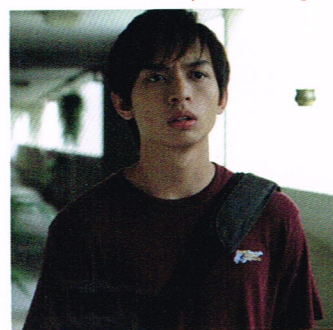
2SAT

A CHRISTMAS CAROL BY CHARLES DICKENS When the Dufflebag Theatre Company puts its own spin on a classical tale, one can expect laughs galore. This November, the theatre company presents *A Christmas Carol by Charles Dickens*, where the Ghosts of Christmas Past, Present and Yet To Come change the life of a stingy man. Until November 17 at Act 3 Theatre. sistic.com.sg



6WED

WATCH LOCAL Anthony Chen's win at the Cannes Film Festival has placed the local film industry even brighter in the limelight. Catch some of the latest and best movies that have been directed and produced locally, including Jack Neo's *We Not Naughty* and recent release *That Girl in Pinafore* by Chai Yee Wei at the rooftop of Objectifs, 56A Arab Street. Until November 9. objectifs.com.sg



20WED

SWAN LAKE The world's oldest, most-famous and recently controversial dance companies, the Bolshoi Ballet waltzes into town with *Swan Lake*. Over 100 dancers will perform the classical ballet of love, deception and drama, set to Tchaikovsky's tunes conducted by the Singapore Lyric Opera. Until November 24 at Esplanade Theatre. sistic.com.sg



Mark and Crystal Leahy

LIFELONG JOURNEY

More than just a getaway for those who are feeling burned out and in need of a break, Legacy Retreats, founded by Crystal and Mark Leahy, is the beginning of a voyage of self-discovery and self-improvement. Held a few of times a year at luxurious resorts in Bali, Bhutan and Australia, the retreats are conducted and facilitated by Jutka Freiman and Volker Krohn, co-heads of Integrated Therapy & Coaching, and Mark Phillips, head of Oriental Medicine & Body Therapy. The retreat is typically held over six days, and the next one is at Alila Villas Soori, Bali, from November 14 to 18. thelegacyretreat.com



HIGH-T WITH ...

Mark Leahy

FROM BEING A HIGH-PROFILE BANKER IN THE SINGAPORE RAT RACE TO LIVING ON A FARM IN AUSTRALIA, IRELAND-BORN MARK LEAHY IS THE PERFECT POSTER BOY FOR HOW LEGACY RETREATS CAN ALLEVIATE THE STRESSES OF THE DAILY URBAN GRIND

TITTLE TATTLE: *How did Legacy Retreats come about?*

MARK LEAHY: When my wife Crystal and I moved to Australia, we went on an amazing, life-changing retreat. But when I told my friends about it, their feedback was that they would prefer somewhere more "luxe".

Legacy Retreat offers techniques that are different, and our counsellors have years of experience. People are looking for a luxe experience; so we find beautiful resorts with a spiritual backdrop. So what do people get out of it? It's about reinvigorating passion. For someone who's in a transition in terms of career or relationship, it's a great medium to find clarity. If they're feeling disconnected, it's about finding that vision and energy of where they want to go for the rest of their life.

TT: *So it's more than just escaping your problem for a short while.*

ML: Yes, we try to give people tools and way of living that's sustainable. That's where "legacy" comes in – we're helping you find way of better living on a day-to-day basis.

TT: *How has it changed your life?*

ML: When I was a banker, and I say this objectively, I was good at what I did and I derived much satisfaction. But today, when a Legacy client tells me, "This was the best thing I've ever done for myself; it's helped me catalyse change", that feeling is worth all the deals I ever did in banking.

Legacy is about doing something that we love so the financial aspect doesn't come into at all – if it ends up being profitable, it'll be a side effect of doing things the right way, rather than the objective in the first place. It feels good to think that way after having spent 25 years being pretty mercenary!

TT: *Can you describe a typical day at Legacy Retreats?*

ML: We start the day with qi gong with Mark Phillips, and then the morning session starts with meditation. It's really a daily progression of self-discovery. We use behavioural tools to find out what makes them tick, with a programme called the Enneagram. Simply put, there are nine types of people: my mother-in-law is a "One": she's a perfectionist. I, too, am a perfectionist, but I am a "Three". The behaviour is the same, what drives us is different: as a three, I do it for recognition, while she does it for the sake of doing it.

People learn about themselves, but through that learning, they get into much deeper conversation about their values, their drivers, and what is important to them. It's the progression towards having a vision of where you want to go towards the end of the retreat. It is a voyage of self-discovery.