



the mint partners



#### CHIT CHAT

## LOOKING FOR THE ULTIMATE HOLIDAY EXPERIENCE FOR YOUR SOUL? THE PAGE TALKS TO CRYSTAL LIM LEAHY, FOUNDING DIRECTOR OF LEGACY RETREATS

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Crystal is co-founder of Legacy Retreat, the ultimate holiday experience for the soul. Aimed at a cosmopolitan clientele leading hectic, high-pressure lifestyles, Legacy offers the busy and sophisticated an opportunity to find a balance and serenity in an increasingly hectic world.

We chat to the beautiful Crystal Lim Leahy who live in Mornington Peninsula, Victoria, to find out more about the programme and how you could benefit from reserving a place on the next Legacy Retreat:

### Q1. Can you tell us more about Legacy Retreats – the concept and the programme?

*Hi there! I'd love to tell you about Legacy Retreat. Our retreats are all about powerful holistic healing and rebalancing. When we talk about balance, we're not talking about work-life balance, but tuning into the four essential aspects of our self – Mind, Body, Emotions and Spirit. Most of us tend to be better or focus more on some areas e.g. Mind or Body and neglect others.*

*In order to get our balance back, we first have to heal our past so that we can move on and really bring our attention and crisp focus on our present.*

*So our team of 1 oriental medicine expert and 2 psychotherapists will guide you through a customised programme of mindfulness, meditation, detoxing with acupuncture and meridian work, qi gong, yoga and private coaching. We also couple our programme with amazing experiences such as excursions to a hidden waterfall, surfing with a bigwave surfer champion and a rainforest hike in Nihiwatu Sumba, and mountain top meditation and excursions to amazing private dzongs (temples) in Bhutan.*

## Q2. How did the idea of Legacy Retreats come about?

*The idea for Legacy Retreat came about after we took a break from our careers in finance in Singapore and moved to our vineyard and farm in Australia. Many of our friends came to visit us and were interested in our journey and life choices. Our friends were all busy, sophisticated people dealing with high levels stress. All of them had certain coping strategies but most of them were temporary solutions rather holistic ones.*

*We wanted to create a retreat which wasn't just an escape, but where we could learn tools and techniques to take back into our daily life and be more present and happy on a day to day basis.*

## Q3. You made the career move from investment banking and financial services to Founding Director of Legacy Retreats – that's a huge (and very different) change in direction – talk us through the transition and how it came about?

*I loved the buzz and fast pace of working on the trading floor and in corporate finance but after I became a mother to two young children, I felt the need to slow down and be more intentional about the life I was leading.*

*My personal tendency is to fill my schedule till overflowing and to get caught up in “doing” rather than “being”. It was really hard and boring for me to be with myself, meditating or winding down, and I was perpetually anxious although I was very good at pretending that life was amazing.*

*My husband and I had a beautiful experience at the Hoffman Process in Byron Bay, which is a intensive psychotherapy based retreat aimed at teaching people self-compassion and breaking negative behaviours. That opened our eyes to the power of therapy as for the first time we could communicate at such a truthful and safe level. After the Hoffman, we reevaluated our life choices and decided that we wanted to live in a place where the kids could grow up close to nature, have a bit of land, a well-rounded education, get back to basics, so we moved to a vineyard and hobby farm one hour from Melbourne on the Mornington Peninsula and we are very happy there. We have a great sense of community in the countryside and people really know how to live in a balanced, healthy, authentic way.*

#### Q4. You have a world-renowned team of experts on board to help guide and support

clientele, talk us through the professional guidance people attending a Legacy Retreat should expect?

*Our team has over 50 years of experience in their fields and I believe that they are the best at what they do. Our psychotherapists Jutka and Volker run workshops during the retreat based on group therapy and raising emotional intelligence. We explore issues and learn tools and techniques to help us with personal motivation, breaking vicious cycles, forgiveness, unlocking happiness and living mindfully. Our guests also have the opportunity to have private consultation coaching and therapy sessions.*

*Our oriental medicine expert Mark Phillips will develop an individual customised programme for each client covering qi gong, marma point diagnosis, meridian work and acupuncture for detoxing and moving stale energy and old patterns out of your system.*

#### Q5. You recently announced a partnership with exclusive resort, Nihiwatu – will this now be the primary destination for the retreat?

*Yes Nihiwatu will be our new home for regular quarterly retreats, however we also aim to hold a more intensive 6 day Bhutan retreat at Uma Paro every year.*

#### Q6. How does one apply for a place on the retreat?

*Just email [info@thelegacyretreat](mailto:info@thelegacyretreat) to reserve a place, our retreats are strictly limited in places (each retreat is normally a group of 8 – 14 persons which makes for a casual, intimate atmosphere, individuals and couples both welcome)*

#### Q7. When's the next Legacy Retreat?

*Our next retreat is at Nihiwatu resort in the wild and magical island of Sumba, in the Flores Strait of Indonesia. It is one of the last stone age civilisations in the world and its stunning, unspoilt beauty and raw energy makes it unique in Asia. Although Sumba feels like a world from a different time, it is just a convenient 1 hour air transfer from Denpasar Airport in Bali. We have a 30% off flash sale to launch our Nihiwatu retreat for the month of August! The usual price is US\$6,980 for 5 nights but we are offering this retreat at US\$4,886. This includes the whole retreat programme, an optional group surfing lesson with USA pro Mark Healey, hikes to a hidden waterfall oasis and a rainforest exploration, accommodation in a private 5 starred villa by the beach and gourmet meals from locally sourced organic produce.*

visit [www.thelegacyretreat.com](http://www.thelegacyretreat.com) for more information.