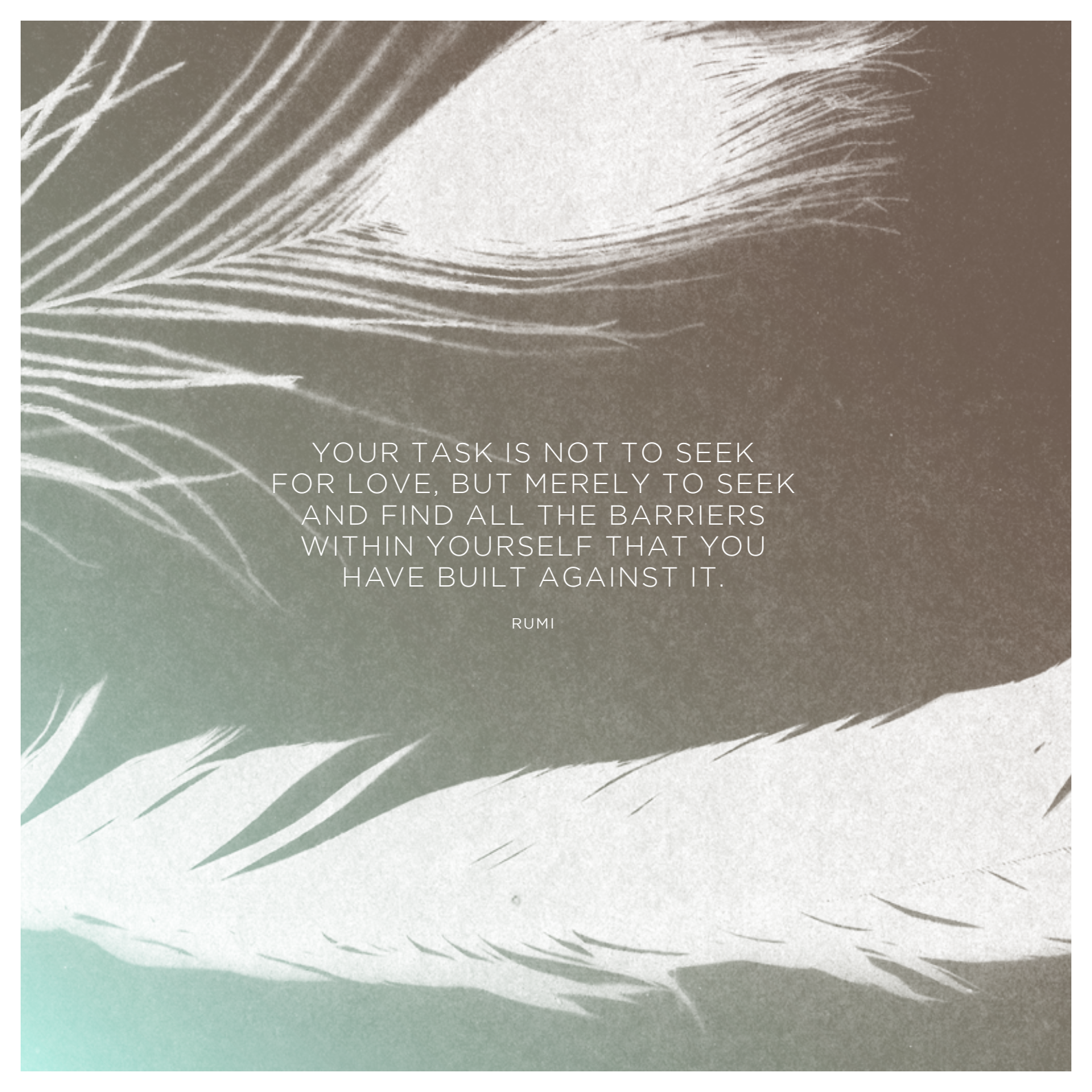




LEGACY

RETREAT





YOUR TASK IS NOT TO SEEK
FOR LOVE, BUT MERELY TO SEEK
AND FIND ALL THE BARRIERS
WITHIN YOURSELF THAT YOU
HAVE BUILT AGAINST IT.

RUMI

PHILOSOPHY

EMOTIONAL HEALING, INTELLECTUAL MINDFULNESS AND SPIRITUAL AWARENESS.

It is my great pleasure to introduce you to Legacy Retreat, an extraordinary journey of healing and reflection.

Legacy is based on our unique, powerful and nurturing programme of emotional healing, intellectual mindfulness and spiritual awareness.

Daily workshops are conducted with exquisite insight and wisdom by our co-heads of Integrated Therapy, Jutka Freiman and Volker Krohn, who have decades of experience advising thousands of clients worldwide and are considered master practitioners in the fields of psychotherapy, meditation and coaching.

Our therapists will also be available throughout the Retreat for individual or couples sessions to discuss particular issues with complete privacy.

The therapy workshops are complemented and integrated on a body level through a custom-tailored series of Ayurvedic and Oriental Medicine-based treatments and daily Qi Gong practice with our leading expert Mark Phillips to achieve detoxification, balance and a profound sense of well being.

At Legacy, we believe that a meaningful spiritual journey does not necessarily need to be an ascetic or spartan experience.

We cater for our sophisticated, cosmopolitan clientele who lead busy lives and crave a nurturing and comforting haven away from the noise. Which is why we hand pick our retreat locations for their gorgeous surroundings, absolute serenity and well-appointed luxurious rooms, and we also make sure that our clients are well-fed with nutritious gourmet meals based on organic and seasonal produce.

It is my wish for every one of our clients to leave Legacy Retreat feeling truly alive and inspired to continue their journey of self-discovery. I believe the most valuable investment you can make is in your own living legacy - a meaningful life for yourself, your loved ones and the world.



CRYSTAL LIM LEAHY
FOUNDING DIRECTOR

INTELLECTUAL

A LIFE ALTERING EXPERIENCE.
I HAD BEEN LIVING SOMEONE ELSE'S
LEGACY AND NOW I HAVE THE OPPORTUNITY
TO DISCOVER AND LIVE MY OWN.

CLIENT PATRICK KAYROOZ, SYDNEY, AUSTRALIA

At Legacy, we find it important to support our participants with a strong conceptual framework in order to understand the ways that habituated thinking affects emotional and physical reactions.

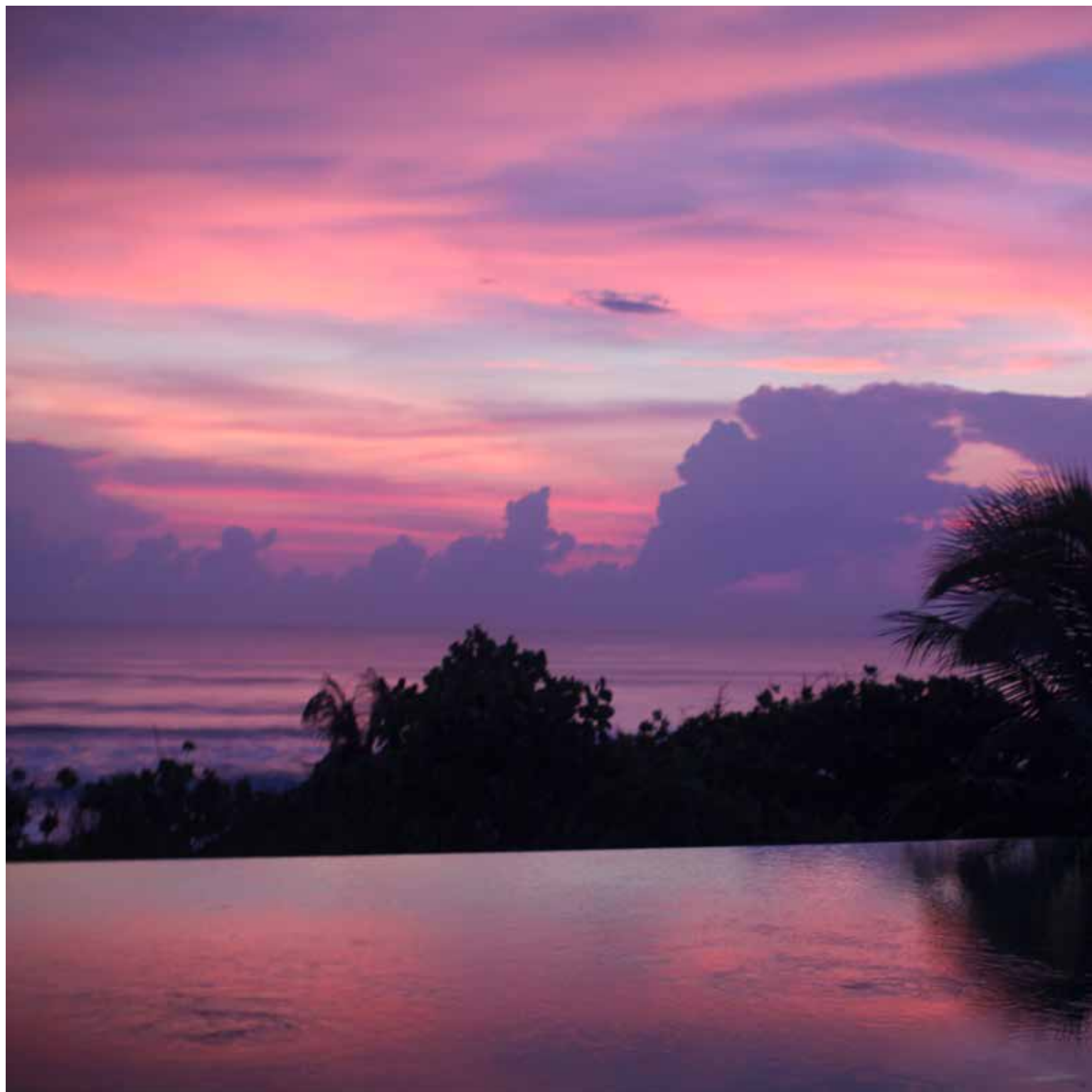
Our clients are introduced to the Enneagram model, which is a sophisticated human behavioural model. The 9-point Enneagram symbol has been recorded as early as 540 B.C. by Pythagoras, who used it as his spiritual signature in his works.

In essence, the Enneagram is a system of 9 different archetypes and their motivations (e.g. The Giver, The Skeptic, The Peacemaker and so on). Knowledge of the Enneagram System helps identify patterns of attention and overcompensation in the different domains of our life, which both help and limit our view of the world.

It is the only system we have found that intelligently addresses the subtle core motivations that underlie our behaviours & emotions instead of merely focusing on outward personality. This is where Enneagram differs from conventional personality type models typically deployed in the corporate environment.

Clients will learn about their individual strengths, weaknesses and biases. By understanding the origin of their belief structures, this will help them to break self-defeating habits and live at a higher level of consciousness.





EMOTIONAL

THE EXPERIENCE WAS PROFOUND!
I WAS SURPRISED HOW DEEP-REACHING
MY PAST EXPERIENCES WERE WITH RESPECT
TO MY PRESENT LIVING...

CLIENT LANA PHAM, SINGAPORE

Our clients come to Legacy Retreat to gain perspective on their present life.

A lot of people are experiencing imbalances in their lives today. Certain life domains (e.g. work, relationships, children, money etc....) get a higher degree of attention, time or thought than others, which is often not our intention.

At Legacy Retreat, our gifted and experienced psychotherapists, Jutka Freiman and Volker Krohn, gently show participants the underlying emotional reasons behind why certain imbalances persist in a person's life.

Legacy clients reach a greater degree of emotional self-awareness during the Retreat and are directed towards healing what needs to be healed from their past so they can work towards breaking negative cycles of behavior and derive true emotional fulfillment and serenity.

Our experts are trained in a wide range of well-established psychotherapeutic methods such as constellation work, gestalt, psychodrama, somatics and archetypal psychology, and will employ the methods they feel is best suited to our clients to support them in their journey of self-discovery, emotional healing and transformation.

The effects of this emotional exploration are truly amazing with the vast majority of our clients experiencing a degree of deep release and exhilaration, and a renewed ability to enjoy life with newfound appreciation.

SPIRITUAL

THE PROGRAMME GIVES YOU AMAZING INSIGHT,
AND THE FACILITATORS WERE GENEROUS
AND EXTRAORDINARY PEOPLE!

CLIENT TANYA MACKAY, MELBOURNE, AUSTRALIA

Most of us live our daily life in a constant conflict between our feelings and our thinking. A lot of attention is directed to historic issues of the past or worrying and strategising about the future.

Very little time is spent being present to one's being; the true reality that I exist right now.

Yet, happiness is closer than you think, it exists within you. But Doing will never be enough if one neglects Being.


Our philosophy is that at the very core of your being is a serene stillness that connects you to the world – it is the part of you that is also part of the trees, the stars, the air and the universe.

Learning to breathe and connect with that eternal stillness is a powerful lesson which helps participants transform from “Human Doing” to “Human Being”. This is what we know as inner peace.

At Legacy Retreat, our experts help participants to refocus their attention on ‘being’ using active, guided and still forms of meditation and breathing techniques.

We also invite participants to connect with their creative energy through art therapy, dynamic expression, journaling and visualisation work and guide them in creating a beautiful and unfettered vision of their future.

The combination of emotional healing together with spiritual practices allows our clients to rapidly advance their journey to self-acceptance, self-love and gratitude towards Life and one's own creative powers.



I NOW HAVE A BIG AWARENESS OF
MY OWN SURVIVAL STRUCTURE AND HOW
IT IMPACTS MY LIFE. I WOULD DEFINITELY
RECOMMEND LEGACY TO MY FRIENDS
AND MY LOVED ONES BECAUSE I WANT
THEM TO HAVE A GREAT BREAKTHROUGH
IN THEIR QUALITY OF LIFE AS WELL.

CLIENT INEZ CHOW, HONG KONG



—
BODY

MARK PHILLIPS IS CLEARLY AN EXPERIENCED
AND KIND ACUPUNCTURE THERAPIST WHOSE
ABILITY TO PUT ME AT EASE AND CONNECT
ENABLED HIM TO KNOW WHAT I NEEDED
FROM HIM TO SUPPORT MY PROCESS.

CLIENT SIENADUNE BUCHANAN, BALI

At Legacy, we believe that our programme of mental, emotional and spiritual work must be completed by integrating it on a body level. This way, we close the energetic loop so that participants feel completely nurtured, supported and relaxed during the Retreat.

We are privileged to have Oriental Body Therapy expert Mark Phillips on our team, who is one of the only practitioners in Australia to combine multiple modalities of painless acupuncture and energy healing into one system.

Mark Phillips' work inspires health of mind, emotions and body, combining Ayurveda (marma chakitsa) and classical Oriental medical practices such as Japanese acupuncture (Ideka Sensei), the Shen Hammer system of pulse diagnosis and Neoclassical Chinese methods of diagnosis and treatment.

Mark has studied and trained in China, India and South America and attained numerous Oriental Medicine and acupuncture post-graduate awards and is also qualified in Chinese martial arts and the Jin Jing Qigong method.

From his wealth of experience, Mark has developed the use of effective techniques to help you clear old patterns of disharmony and energetic blocks on a physical level, in favor of new progressive paths and derive a newfound sense of balance and well-being.

A DAY AT LEGACY RETREAT

THE SOUNDS OF PARADISE WASHING AROUND YOU.

You wake up to the sounds of secluded paradise around you and start off the morning with a rejuvenating session of outdoor Jin Jing Qigong with our affable Oriental Body Therapy expert Mark Phillips.

Refreshed and invigorated from the morning Qigong, head off to a well-earned scrumptious breakfast to prepare yourself for an exciting day ahead.

After breakfast, you would join your small group of fellow participants at a light-filled studio to take part in a short breathing meditation to center your being, followed by a thought-provoking introduction to the Enneagram method by our dynamic tag team of psychotherapists, Jutka Freiman and Volker Krohn. A lively group discussion and sharing session punctuated with laughs and anecdotes rounds off the morning programme.

Lunch would be a leisurely affair with time to have a spa treatment, journal in your diary or take a nature walk in the gorgeous surroundings.

The afternoon programme would resume at the studio where you may be guided in a dynamic Kundalini meditation to revitalise your essence and centre your being followed by a workshop with Jutka and Volker where you are guided in looking deeply across all the 8 primary domains in your life (work, family, financial, physical etc.) to consider how you present and aligned you are in each of those areas.

You may choose to have a walk with psychotherapist Volker to discuss a particular issue you have been pondering over or head off to a consultation with Mark Phillips who will assess what your particular needs for that day, and do a rebalancing session of energy healing and acupressure point therapy to support your journey.

Then at sunset, you join your new friends at an outdoor seafood barbeque. As delicious scents waft over the breeze, a guest speaker gives an informal talk about his real-life story of transition and transformation.

You may linger to chat with your new friends over a glass of wine under the stars or head off to enjoy the cool comforts of your lush bed and drift off to sleep to the symphony of the gleaming ocean waves in the distance.

Pure bliss.

A close-up, artistic photograph of a feather, likely from a bird, showing the intricate structure of the barbs. The image is overlaid with a gradient that transitions from a vibrant teal on the left to a warm, earthy brown on the right. The text is centered in the upper half of the image.

IT WAS THE MOST EXHILARATING
EXPERIENCE OF MY LIFE AND I
TRULY ENJOYED THE JOURNEY
TO CONNECTING WITH MYSELF.

CLIENT GWEN TOH, USA



AFTERCARE

MY EXPERIENCE IN A WORD – EXTRAORDINARY.

CLIENT BEN STARR, SYDNEY, AUSTRALIA

I WAS BLOWN AWAY BY THE FACILITATORS
TOTAL AWARENESS, COMPASSION,
PROFESSIONALISM AND INCLUSIVENESS.

CLIENT ERIKA LEHNER, NEW SOUTH WALES, AUSTRALIA

In order to garner the full and long-lasting benefits of Legacy Retreat, it is essential that our participants continue the good work that they have done on the Retreat by incorporating the methods and techniques they have learned into their daily lives and relationships.

Our participants leave Legacy Retreat with a comprehensive Aftercare Manual of resources that includes our specific recommendations for daily mental practices, qi gong exercises, meditations, advice and follow-on resources.

Our Singapore-based veteran Wealth Preservation expert, Eli Lenyoun, is also available for optional private sessions post-Retreat to help with ‘good housekeeping’ issues such as trust, tax, wealth planning and family office advisory if you require his services. This is to allow you to plan your financial resources so you may best support your dreams and values.

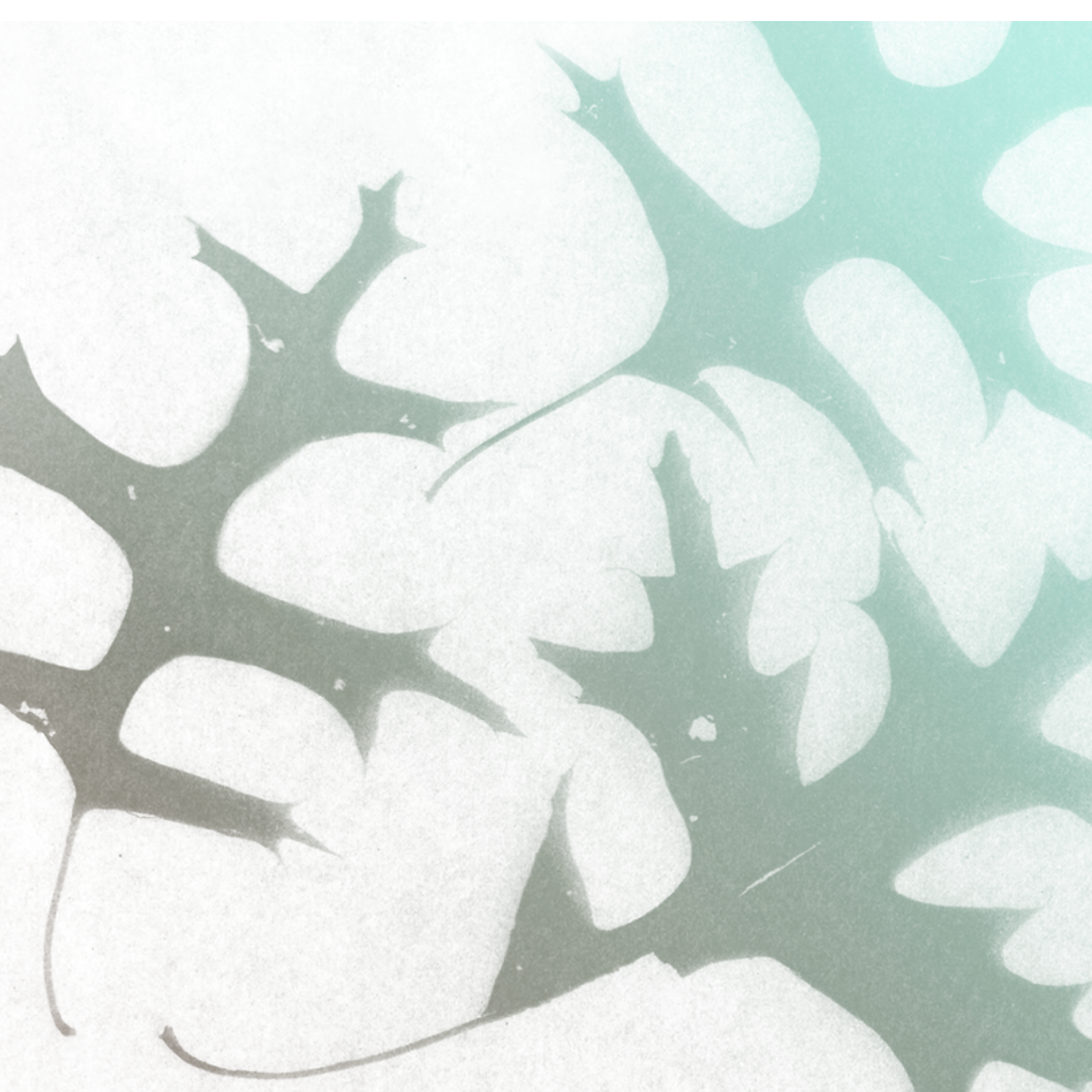
We also conduct follow-up Integration Sessions for our clients to reconnect on a regular basis, share their experiences and ask questions if they have particular issues to discuss.

Our vision is to build a community of like-minded individuals who will be each others support and inspiration network.

Legacy is a life-long experience and our team is, of course, always available to assist you in your journey towards true fulfillment and joy.

RING THE BELLS THAT STILL CAN RING.
FORGET YOUR PERFECT OFFERING.
THERE IS A CRACK IN EVERYTHING.
THAT'S HOW THE LIGHT GETS IN.

LEONARD COHEN



LEGACY TEAM OF FACILITATORS

OUR TEAM OF EXPERTS WILL BE YOUR TEACHERS.



JUTKA FREIMAN

CO-HEAD OF INTEGRATED THERAPY

Jutka is a well-respected Sydney-based psychotherapist and is co-head of our psychotherapy programme. She sits on a number of corporate panels, is a graduate member of the Bereavement Care Centre, a supervisor and trainer with the Institute of Group Leaders and a senior teacher at the Hoffman Process Australia/Singapore.

An internationally accredited Enneagram therapist & trainer with a degree in psychology & anthropology, Jutka has worked extensively both locally and internationally since the 1980s using Inner Child work, Attachment Therapy, Enneagram, Gestalt, Somatic Experiencing, Bereavement Therapy, Psychodrama and other action methods as well as Art Therapy.

Jutka brings to her work a passion for the creative and the collective believing both to be an expression of the inner being and a magnificent tool for healing.



VOLKER KROHN

CO-HEAD OF INTEGRATED THERAPY

Volker is an accomplished psychotherapist and is co-head of our psychotherapy programme.

His extensive professional background includes Family Therapy, Self-Psychology and Creative Arts Therapy. Volker has a Masters degree in Existential and Experiential Psychotherapy (MIECAT), is a Clinical Member of the Victorian Association of Family Therapists (VAFT) and is also the Director of the Hoffman Centre Australia/Singapore.

Volker is passionate about helping people to improve their emotional and spiritual intelligence and has inspired thousands of clients in Australia and worldwide to live from a place of self-acceptance and gratitude claiming compassionate leadership in their life.

LEGACY TEAM OF FACILITATORS



MARK PHILLIPS

HEAD OF ORIENTAL BODY THERAPY
MSC BSC ACA (CHINA) FELLOW AACMA

One of the only practitioners in Australia to combine multiple modalities of acupuncture and energy healing into one system, Mark Phillips' work inspires health of mind, emotions and body, combining Ayurveda (marma chakitsa) and classical Chinese medical practices.

His postgraduate awards include Oriental Medical Doctor (OMD - USA 2004) and certification in Dr. Chen Cao's system of Ba Gua acupuncture, I Ching acupuncture and the Master Tong System of Acupuncture with Dr. Robert Chu (Los Angeles). Parallel studies include the application of internal Chinese martial arts and Jin Jing Qigong (Sifu Wang Qingyu and Abbot Mingchan - Jiashan Zen Monastery, Hunan, China).

An initiate of AC Bhaktivedanta Swami, Mark has directed research throughout India in search of "the lost secrets of Ayurvedic Acupuncture" and marma chikitsa (Indian "hidden" pressure points), utilizing over thirty years of Vedic science study, applied now in the pursuit of examining medical parallels between the classical cultures of India and China.

In 2007, Mark was appointed an external advisor for the NHMRC (National Health and Medical Research Council) for CAM (Complimentary and Alternative Medicine) and currently continues clinical supervision and mentorship for students.



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