



# LEGACY

RETREAT

—  
EDITION BHUTAN  
MARCH / SEPTEMBER 2014

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## LEGACY RETREAT - EDITION BHUTAN

# AN EXTRAORDINARY JOURNEY OF REFLECTION & NOURISHMENT

SELF-MASTERY - MINDFULNESS - HEALING - BALANCE

### INCLUSIONS

A powerful and proven programme of self-mastery, focusing on mindfulness techniques, emotional healing and well-being, enhancing communication and raising spiritual awareness.

Private counselling sessions with our master practitioners Jutka Freiman and Volker Krohn.

A custom-tailored series of Ayurvedic and Oriental Medicine consultations and treatments with leading expert Mark Phillips.

Introduction to the Enneagram behavioural system for heightened emotional intelligence.

Meditation workshops, breathing techniques, meridian detox, Jin Jing Gong and other body work classes.

Nutritionally balanced gourmet meals.

Aftercare resources and recommended practices for you to take home and incorporate into your daily life.

Post-Legacy Retreat integration sessions with our team.

*A profound sense of well-being.*

### DATES

24 - 29 March 2014 (5 nights)

22 - 27 Sept 2014 (5 nights)

### VENUE

The intimate and luxurious Uma Paro Resort, awarded Best Hotel in Bhutan by Conde Nast Traveller. Uma Paro sits perched on a breathtaking tree-clad hill overlooking the Paro Valley, within striking distance of the country's great cultural landmarks.

### RATES

Holistic Legacy Retreat programme, body consultation and treatments and customised aftercare prescription - US\$4,300

Accommodation rates based on 5 full days:

— Uma Paro Deluxe Valley View Room - US\$3,675

— COMO Suites - US\$4,800

— One bedroom Villas - US\$5,800

\*All prices are inclusive of GST and sales taxes

### CONTACT

For reservations, please contact  
info@thelegacyretreat.com  
or crystal@thelegacyretreat.com

We have limited availability for each exclusive retreat, please book early to ensure your place.

Australia: 1-800-938-139 (Toll free)

Singapore: 800-852-3916 (Toll free)

Hong Kong: 800-906-512 (Toll free)