

An aerial photograph of a tropical coastline. In the foreground, a small, circular island covered in lush green vegetation sits in the middle of clear, turquoise water. The water transitions from light blue near the island to a deep, dark blue further out. The coastline is characterized by rolling green hills with some rocky outcrops, leading down to a dense line of mangrove forest. In the background, the ocean extends to the horizon under a bright sky with scattered white clouds. The overall scene is serene and idyllic.

LEGACY

RETREAT

—
EDITION NIHIWATU

OCTOBER / NOVEMBER 2014

—

LEGACY RETREAT - EDITION NIHIWATU

AN EXTRAORDINARY JOURNEY OF REFLECTION & NOURISHMENT

SELF-MASTERY - MINDFULNESS - HEALING - BALANCE

INCLUSIONS

A luxurious and holistic holiday of meaning and self-discovery. Legacy Retreat will allow you to unlock your inner happiness and find a beautiful balance and serenity no matter how busy life gets. Our programme is uniquely holistic, addressing you as a complete whole - mind, body, emotions and spirit.

Learn the secrets of self-mastery through thought-provoking, hands-on daily master workshops on topics from mindfulness to emotional intelligence.

Detox and rebalance your body with leading Ayurvedic and Oriental Medicine expert Mark Phillips.

Heighten your emotional intelligence, discover your unique gifts and learn the best way to motivate yourself, through an introduction to the 9 basic Enneagram behavioural styles and private coaching sessions.

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

Unforgettable experiences in the wild and timeless island of Sumba;- hike through emerald green rainforests, discover secret waterfalls and springs and experience one of the best private surf breaks in the world.

A profound sense of well-being.

DATES

31 Oct - 4 November (4 nights)

VENUE

The extraordinarily beautiful, exclusive and eco-conscious Nihiwatu Resort, winner of Conde Nast Traveler's Luxury Small Resorts Award 2013.

Nihiwatu is located in the serene and remote island of Sumba, Indonesia, one of the last Stone Age civilisations on Earth. A fascinating world away from the noise of modern life, but just a one hour air transfer from Denpasar Airport, Bali.

RATES

Holistic Legacy Retreat programme, body consultation and treatments, land and sea-based nature experiences and customised aftercare prescription.

Luxury accommodation in thatched-roof villas with plunge pools overlooking the Indian ocean + full board gourmet meals.

US\$6,980 inclusive of all taxes + US\$340++ for air transfers from Denpasar Airport, Bali (1 hour by jet to Tambolaka, Sumba).

CONTACT

For reservations, please contact:
info@thelegacyretreat.com

We have limited availability for this retreat and may run a wait list due to demand, please book early to ensure your place.

Australia: +61 437 778 269

Singapore: +65 9754 8579

www.facebook.com/TheLegacyRetreat