



JANUARY 2013

NEWSLETTER



SINCE 1938

75TH ANNIVERSARY

Sonnmatt is celebrating its 75th birthday! For 75 years it has existed as a vegetarian guesthouse in Toggenburg. At that time vegetarians were considered exotic. But today vegetarian food has become very popular.



WINTERLAND

OPEN HOUSE (AUG. 11, 2013)

You are warmly invited to visit Sonnmatt! On Aug. 11, 2013 our house will be open for visitors. Snacks will be served and you may even get a chair massage! We are looking forward to seeing you!



JOY

DEPRESSION RECOVERY SESSION

One new addition to our program is the Depression Recovery Seminar with Dr. Ruedi Brodbeck, MD. He will help us learn how to prevent or recover from depression proactively.

You will get a firsthand experience in these simple natural remedies, receive new energy, joy & vitality.



> 1M

FEELINGS MANAGEMENT SEMINAR

How can we understand our feelings, influence them and get healed? What do we react when our feelings are hurt? This is a great opportunity to get to know the biblical model of health and healing.

We will look at many practical examples which will show us a constructive way of dealing with feelings.



CHARCOAL

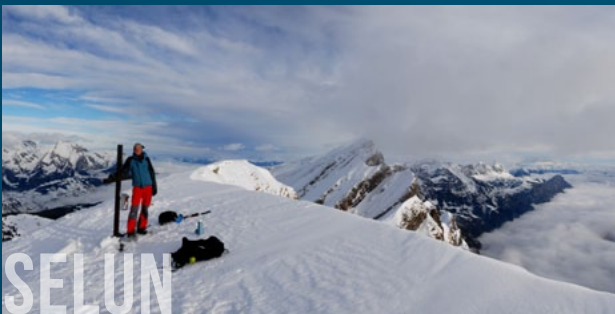
SONNMATT - CHECK

Supper	= amazing
Encouragement	= the best
Amina	= so sweet
Candlelight dinner	= every evening
Dessert	= heavenly
Breakfast	= tops
Hospitality	= first class
High German	= very gut!
Dog friendly	= wow wow!
Midday meal	= a hit!
Bad Mood	= What's that?
Schwiizerdütsch	= very guet!
Service	= high class
Vegan food	= scrumptious
Room	= tip-top

OVERALL EVALUATION

Unparalleled – highly recommended!

ASSESSORS Annette W., Günther S. & Lilla (dog)



SELUN

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JENNY'S RECIPE – BRAIDED BREAD

Ingredients:

500g	whole grain spelt flour
1-2 t.	sea salt
1pkg (8g)	instant dry yeast
2-3 T.	agave* syrup or honey *century plant
¼ c.	olive oil
1 c.	lukewarm water or soy milk

Preparation:

Put dry ingredients together in a bowl and mix well. Make a small hole in the middle. Pour liquids into hole and mix from the middle out. Knead the dough until it is smooth and pliable. Cover and let rise until it has doubled in size.

Divide the dough into two equally long ropes, which are a bit thicker in the middle than on the ends. Lay the middles crosswise over each other and braid the four arms. Lay this braid on a baking paper covered cookie sheet. Brush the braid with soy milk or cream, let it rise again and then place it in the lower half of the preheated oven.

Baking time: 35-45 min. When it's finished the braided bread should sound hollow when knocked on from the bottom

COURSE DATES

ALL-RUND-HEALTH (12-day Lifestyle-Program)

- 10. – 21. Mar. 2013
- 12. – 23. Mai 2013
- 15. – 26. Sept. 2013

STOP SMOKING PROGRAM

- 10. – 21. Feb. 2013
- 06. – 17. Oct. 2013

DEPRESSION RECOVERY

- 24. – 5. Nov./Dez. 2013

FEELINGS MANAGEMENT SEMINAR

- 23. –30. Jun. 2013

FOR MORE INFORMATION:

+41 (0)71 993 34 17

info@bergpension.ch | www.bergpension.ch

Sonn matt Bergpension & Gesundheitszentrum
Remo & Jenny Fischer | Schwand 2588
9642 Ebnat-Kappel | Switzerland

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