

APRIL 2014

NEWSLETTER



GAMPLÜT

SPRING

Winter is over and spring is well on its way. The snow is retreating to the mountains and the flowers are in full bloom.

Our garden is ready for planting and most beds have already been planted.

We are also ready for you and look forward to welcoming you as our guests. Welcome to Sonnmatt!



VIEW

MUCH LEARNED

We found the program “Depression—the Way Out” in the internet. We weren’t exactly smitten with the idea. Vegetarian, no coffee, no smoking, a lot of exercise and a lot of theory.

But our desire to be free from depression was greater than our fears about the supposed limits, so we decided to register. We were full of hope and expectations as we drove to the beautiful region of Toggenburg, where Sonnmatt is located.

When we participants (three couples), the seminar expert and his coworkers introduced ourselves, we could quickly see that there would be a beautiful, harmonious and friendly atmosphere.

To our own amazement, we experienced that the delicious vegetarian meals were a source of joy and not the expected frustration. Our desire for coffee got weaker and I missed my pipe less each day.



WOOD-ANEMONES

The hikes through the fresh snow in forests and over hills filled us with profound joy and peace. The theory classes with Dr. Ruedi were not at all boring, they were interesting and educational. We had fun singing together. It warmed our hearts and souls. We participants ate our meals together and we all laughed more together than we had in a very long time.

Light therapy, combined with voluntary Bible reading (quiet time), followed by morning exercises with Remo had a positive effect on body mind and soul. As the seminar progressed, a beautiful friendship developed among us participants.

Eight weeks have passed since the seminar and I (Silvan) am happy to report that I am free from depression. We have been able to implement a lot of what we learned.

- healthy nutrition
- living without addictions. chocolate, coffee and tobacco
- exercise in the outdoors
- be myself
- to evaluate events and situations honestly and correctly
- to recognize God as our Creator and to know He loves us



FRIENDSHIP



CROCUSES



SATISFACTION

(S. K. & M. S. from Marbach)

BIRTHDAY PARTY

We hiked up from Krummenau to Sonnmatt on an idyllic path through a flurry of snowflakes. There we were met with loving hospitality, a lot of creature comforts and a delicious vegetarian meal.

Many heartfelt thanks to Jenny & Remo Fischer and Amina, who enriched our program immensely. We all enjoyed the personal atmosphere and the great setting out in nature. It was an unforgettable weekend.

(M. A. from Frauenfeld)

JENNY'S RECIPE - PANNA COTTA

INGREDIENTS FOR 4

5 dl	coconut milk
1 dl	soy or oat cream
5 T	agave syrup
½ t	pure vanilla powder
½ - 1 t	agar agar (depending on the producer)

PREPARATION:

Put all the ingredients in a pan bring to a boil, stirring constantly. Continue for 1-2 minutes. Pour into forms and chill for about 4 hours, until firm.

Loosen Panna Cotta from the form using a sharp knife on the edge of the form and turn it over to remove.

Serve with hot or cold berries, fruit sauce or fresh fruit.

Enjoy!

COURSE DATES

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

- 31. - 11. Aug./Sept. 2014

STOP SMOKING PROGRAM

- 12. - 23. October 2014

DEPRESSION RECOVERY

- 23. - 4. Nov./Dec. 2014

FOR MORE INFORMATION:

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