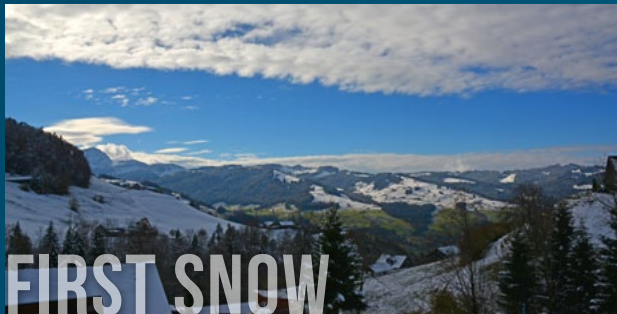


JANUARY 2017

NEWSLETTER



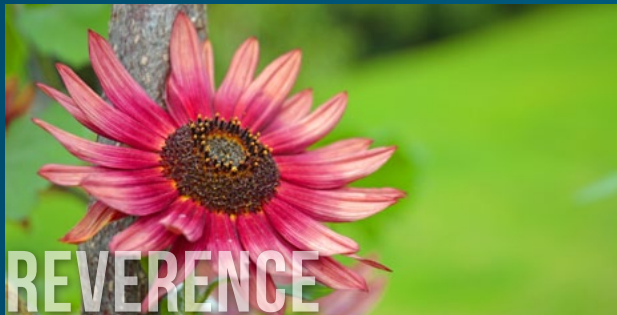
FIRST SNOW

HAPPY NEW YEAR

Another year has passed and the new one has begun. Our Sonnmatt - Team wishes you warmth, health, love and peace in your hearts.

Finally we are enjoying the snow that we have longed for, and it was worth the wait: this week we are expecting more than a half meter!

We would be very happy to greet you at Sonnmatt again this year.



REVERENCE

WELLNESS WEEK

We have created a special offer for you:

Our new Wellness Week - Try it out!

- 7 nights all included
- 2 Swedish massages with steam fomentations
- 1 steam fomentation therapy
- 1 contrast foot bath, incl. foot massage
- 1 smoothie every morning
- 1 bottle of welcome grape juice

850 CHF per person in a double room with shower/WC
(per extra night - 84 CHF)

920 CHF per person in a single room with shower/WC
(per extra night - 94 CHF)

Valid until December 31, 2017



CLOSE TO NATURE

OUR NEW BABY DAVID

In our last newsletter we told you a little about our challenges with our little David and his brain haemorrhage. Here's a brief update:

After four months at home, feeding him partially through the feeding tube, we were finally able to remove the tube. David is still not a champion drinker, but at least he reaches above the required minimum.

Otherwise, he is also developing very nicely. His movements are becoming smoother and more controlled. He loves standing up and jumping, with help of course.

David loves life. He loves playing with his two big sisters, laughs a lot and is an extremely happy baby.

(Remo, Jenny, Amina, Talita and David Fischer)



SEA OF FOG



DEVELOPMENT



DAVID

JENNY'S RECIPE : 3-MINUTE BREAD

The preparation for this delicious bread only takes an unbelievable three minutes (without baking, of course). You really should try it!

INGREDIENTS

500 gr	(4 c)	whole grain spelt flour
100 gr	(4/5 c)	sunflower or pumpkin seeds
50 gr	(2/5 c)	sesameseeds
50 gr	(2/5 c)	ground flaxseed
2 t		sea salt
1 pkg		dried yeast
3 T		honey or agave syrup
5 dl	(2 c)	lukewarm water

PREPARATION

Place all dry ingredients in a big bowl and mix well.

Mix in moist ingredients (the dough will be wet).

Line bread pan with baking paper to keep the bread from sticking.

Pour dough into bread pan and place in the cold oven in the bottom third.

BAKING

Turn oven on to 200 C (390 F), top and bottom heat.

Bake for 90 minutes.

After approx. 45 minutes, cover bread with aluminium foil to keep the outside from getting too dark.

COURSE DATES

NEWSTART PLUS (12-DAY LIFESTYLE-PROGRAM)

- 08. - 19. January 2017	NewstartPlus
- 29. - 09. Jan/Feb 2017	Stop Smoking
- 02. - 13. April 2017	NewstartPlus
- 11. - 22. June 2017	NewstartPlus
- 13. - 24. August 2017	NewstartPlus
- 08. - 19. October 2017	Stop Smoking
- 05. - 16. November 2017	NewstartPlus
- 26. - 07. Nov/Dec 2017	Antidepressant

MENTAL HEALTH-SEMINARS

- 12. - 19. March 2017	Stress and Burnout
- 23. - 30. April 2017	Feeling-Seminar
- 23. - 30. July 2017	Personal Development
- 22. - 29. October 2017	Forgiveness-Seminar

HIKINGWEEK(S)

- 03. - 17. September 2017	Guided Hikes
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