

JANUARY 2014

NEWSLETTER



WINTER

HAPPY NEW YEAR!

Our Sonnmatt Team wishes you the happiest New Year ever!

We're looking forward to some wonderful times with you. As nature is now resting under a blanket of snow, we can also take some time to regenerate. In winter Sonnmatt is especially restful.



NEIGHBOR

STOP-SMOKING PROGRAM

This year we will again run two programs to help people to stop smoking. "Finally Free" is a program that shows people how a change in their lifestyle can help them get free from nicotine forever.

Withdrawal symptoms are cut to a minimum and their will is strengthened. In this way, you can discover how fun it is to get free from smoking and stay free. We're looking forward to receiving your registration.



RIGI

APARTMENT TO RENT

At Sonnmatt there is a cozy two-story, two room apartment with a small kitchen and bath that is ready for you to move into. It is 40 square meters and radiates a warm atmosphere with its knotty pine walls and ceiling.

You can cook for yourself or enjoy the delicious Sonnmatt cuisine and family atmosphere, as well as receiving the blessing of living out in nature. We would be happy to send you some pictures.



LIFEJOY

ANTI-DEPRESSION COURSE

The holistic anti-depression course with Dr. Med. Ruedi Brodbeck was all it promised to be.

First thing in the morning our guests enjoyed light therapy. Then the morning exercises completely dispelled any remaining sleepiness. The participants experienced the positive influence of a balanced vegetarian whole food diet with a lot of fruit and vegetables on their psyche.



TOGETHER

Together, we worked on and optimized our thought processes and procedures, integrating them into our daily life. In order to get as much sunshine as possible, spent the afternoons outside. In our cooking classes we learned how to prepare brain food. Everyone was invited to get a hands-on experience and we had a lot of fun.



IDYLL

High value is placed on cognitive behavioral therapy, through which distortions from childhood can be recognized and consciously worked through. In this way, our feelings can be managed and we are not the helpless victims of our emotions.

By the time we said our goodbyes to our new-found friends, our backpacks had been filled with helpful tools for life.

WWW.BERGPENSION.CH

JENNY'S RECIPE - BROWNIES

INGREDIENTS:

250-300 g	honey, maple syrup or agave nectar
1 dl	nut milk or soy milk
¼ TL	salt
200 g	almond or cashew butter
150 g	whole spelt flour
50 g	carob powder
4 EL	coconut butter or sunflower oil (cold pressed)
1 TL	pure vanilla powder
to taste	roasted chopped hazelnuts or finely chopped walnuts

PREPARATION:

Mix all ingredients except for the nuts with a hand mixer or wire whisk until creamy, then fold in the nuts and mix.

BAKE:

Bake in a flat form at 180 C for 20 min. Do not bake for too long as the brownies otherwise tend to dry out. They should remain soft and chewy. Cool and serve.

SERVE:

Taste best when served the same day.

COURSE DATES

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

- 02. - 13. March 2014
- 31. - 11. Aug./Sept. 2014

STOP SMOKING PROGRAM

- 09. - 20. February 2014
- 12. - 23. October 2014

DEPRESSION RECOVERY

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

FOR MORE INFORMATION:

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