



JANUARY 2015

NEWSLETTER



DREAMY

WINTER ENJOYMENT

Winter has finally arrived, and Sonnmatt is covered in a delightful 60-centimeter blanket of snow. Great conditions for winter sports!

Our house is perfect for various winter activities:

- Snow hiking (directly from the house)
- Snowshoe walking (directly from the house)
- Sledding (directly from the house)
- Cross-Country Skiing Panorama ski run (5 min. by car)
- Downhill Skiing
 - Hemberg (5 min. by car)
 - Wolzenalp (11 min. by car)
 - Tanzboden (14 min. by car)
 - Obertoggenburg (23 min. by car)



AUTUMN

We offer snowshoes for rent and sleds for free. There are downhill ski slopes for every age and ability. Some slopes are groomed with artificial snow and you can enjoy the mountains as high as 2200 meters above sea level.

At Tanzboden you can even go night skiing!

Enjoy the unspoiled winter scenery without all the tourists!

We are looking forward to seeing you here!



FREEDOM

ENERGIZED & INSPIRED

We enjoyed our stay immensely. The food was delicious and healthy besides. The rooms were very comfortable and the snow-covered surroundings were gorgeous.

The snowshoe walking and the fresh air energized and inspired us with new ideas. The beautiful and peaceful atmosphere gave us just what we needed to leave the stress of the previous weeks behind us.

Many thanks for everything!

This little vacation was certainly not the last time we will be here. We are looking forward to next time!

(I. B. 18)



SUNBEAMS

SONNMATT POETRY

The sun was rare, but the meadows full of snow.
The food was great, amazingly so!
The peaceful atmosphere was right down our track!
And we are very sure, we'll soon be coming back!

(T. B. Mutenz)



ENJOYMENT



MYSTERIOUS

JENNY'S RECIPE - TIRAMISU

INGREDIENTS

1 c.	spelt cookies
¾ c.	hot cereal coffee
10 T.	maple syrup or agave
2 c.	soy milk
2 c.	coconut milk
7 T.	cornstarch
1/3 c.	coconut oil
1 t.	pure vanilla
1/3 t.	salt
1/3 c.	soy cream
to taste	carob powder

PREPARATION

While stirring constantly, boil cornstarch, soy milk, coconut milk, vanilla, salt and 7 T. of the maple (or agave) syrup in a saucepan until it thickens.

Remove it from the heat and stir in coconut oil and soy cream by hand or with an electric mixer until smooth. Divide this mixture in half for faster cooling.

Mix 3 T. maple (or agave) syrup with the cereal coffee. Dunk each cookie quickly into this coffee mixture and arrange a bottom layer of them on a rectangle glass pan. Cover these with half of the cream mixture.

Add a layer of dunked cookies and then the rest of the cream. Dust lightly with carob powder (not too much).

Cool until serving.

TIP

Also delicious with bananas or your choice of berries directly on the cookies and topped with the cream.

COURSE DATES

NEWSTART *PLUS* (12-day Lifestyle-Program)

- 31. - 11. May/Jun. 2015 NewstartPlus Diabetes
- 11. - 22. October 2015 NewstartPlus
- 06. - 17. December 2015 NewstartPlus Diabetes

STOP SMOKING PROGRAM

- 15. - 26. March 2015

FOR MORE INFORMATION

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TIRAMISU



NEW BLOOD



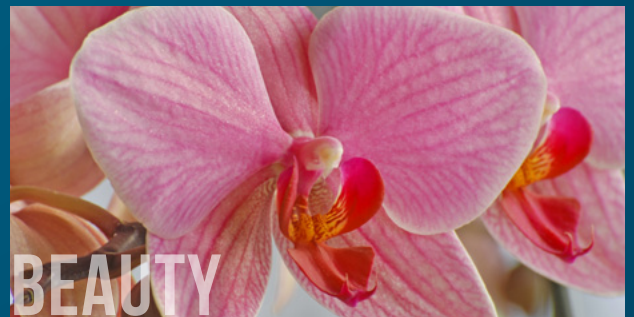
TALITA'S DEDICATION



VISIT



GOAL



BEAUTY



SEE YOU SOON

