

MARCH 2017

NEWSLETTER



WINTER HIKING



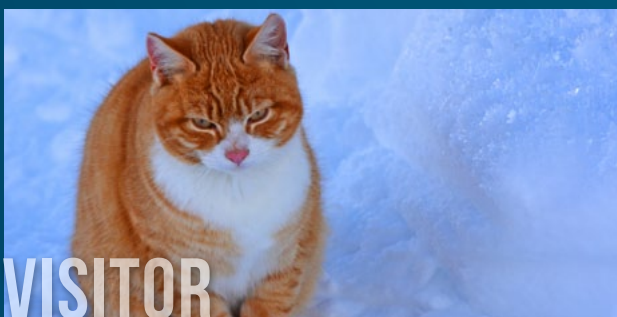
RUSTIC



SNOWSHOE WALKING



SPRING GREETINGS



VISITOR



SLEDGING

QUIETUDE

I remember the beauty of the remote area with quietude and great views.

The beautiful, comfortable rooms and common area.

Fun things do to on site such as massage, making aromatic lotions from resin and tree branches (including beeswax and olive oil). I still have mine which I open occasionally to take me back to Sonnmatt.

The beautifully prepared and presented, healthy meals (including desserts) done by experts!

The walking trails in the mountains for great exercise.

The close proximity of a little Swiss town.

The not too distant proximity of other great places to explore and revisit.

I'm looking forward to be at Sonnmatt again.

(R. T. from the USA)

PLEASANT AND INVIGORATING

It has now been four weeks since I came home from my NEWSTART PLUS course – my daily routine is still completely saturated with my new way of life.

In those twelve days I experienced an abundance of informative, invigorating and pleasant adventures. Remo and his team took great care of us participants, sparing themselves no effort: the program was tailored for each of our individual needs, and we felt valued and understood.

I have often thought how helpful it would have been to receive these health-promoting, practical tips and methods as a young person – the best would be while still a student in school.

I am extremely grateful for everything I learned, especially for the introduction to the preparation of vegan meals, which I now consciously practice and enjoy very much. It is very motivating for me to know WHY I should – or should not – do something!

I can heartily recommend the NEWSTART PLUS program to everyone.

(B. T. 54)

I'M SO HAPPY TO BE FREE

Exactly one year ago today at 4 pm I arrived at Sonnmatt and smoked my last cigarette. Since then I have been free from cigarettes!

I want to thank you once again for pushing me to quit and that with Jesus' help I made it. I am so happy! Many, many thanks! I hope you are doing well. I am doing extremely well since I have quit smoking. Greetings to everyone there and I'm looking forward to visiting you again. All the best to you!

(T. G. 28)

JENNY'S RECIPE: KETCHUP

Many of our guests like our homemade ketchup better than store-bought, and we agree with them!

INGREDIENT

3/4 c tomato paste (200 gr)
4 T honey or agave nectar
1 t herb salt
1 clove of garlic, crushed
3 T lemon juice
a little water (ca. 1/3 c or 1 dl)
(depending on the desired consistency)

PREPARATION

Put all ingredients (except water) into a bowl and mix well with a wire whisk. Add water until the desired consistency is achieved. Store in refrigerator. Keeps for about a week.

COURSE DATES

NEWSTART PLUS (12-DAY LIFESTYLE-PROGRAM)

- | | |
|---------------------------|----------------|
| - 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 | Antidepression |

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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BALANCE



KETCHUP



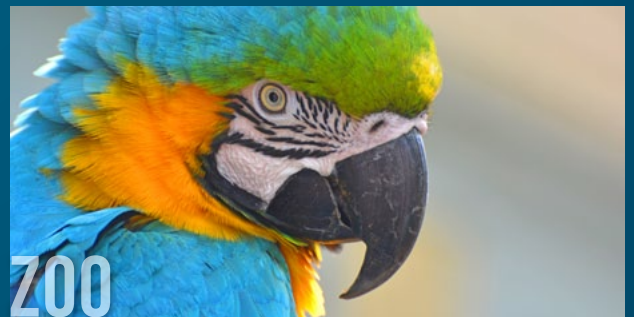
SNOWCRISTALS



FORTUNE



RAY OF HOPE



ZOO



SEE YOU SOON

WWW.BERGPENSION.CH

