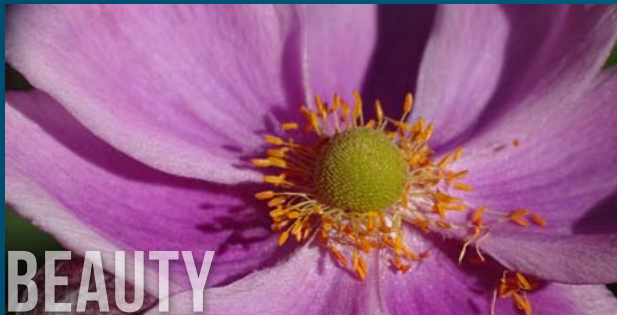


DECEMBER 2019

NEWSLETTER



MOUNTAINS



BEAUTY



JOY



EVENING



OVENHOLE



TEMPERANCE

TIME TO REST - A DECISION

Last year, when we came to the realization that we need to plan times of rest and relaxation for balance in our hectic life, we decided to take a family time-out and took the whole family to spend three and a half months with our relatives in Oregon, USA.

Back in my school days, whenever anyone asked me what my favorite subject was, I always answered, "Recess and vacation!" Isn't it amazing? We often spend the least amount of time doing the things we love the most.

My brother-in-law recently told me about a successful businessman. When asked what he would do differently in life if he could do it over, he answered, "I would take more vacation."

Immediately we decided to stretch our next vacation from two to three weeks. This is a decision we will certainly not regret: true rest is priceless!

By the way, it's a great idea to leave your computer and cell phones at home. Flight mode could also be called vacation mode.

Perhaps we at Sonnmatt could be a part of the fulfillment of your valuable decision to take more time for rest and relaxation.

(Remo Fischer, Director of Sonnmatt)

HAPPY NEW YEAR

We wish you a new year full of holistic health in 2020. May you and yours be well!

Wishing you PEACE from our heart to yours

The Fischer Family!

WHAT'S HAPPENING IN 2020

On the next page of our newsletter you will find the dates for our courses and seminars in 2020.

SAD --> GLAD

If you ever don't know what to do,
Because you are so sad,
Then just take a moment and remember us,
Then you'll laugh again and be glad.

(NEWSTART PLUS COURSE participant, January 2019)

GARLIC BUTTER: JENNY'S RECIPE

INGREDIENTS

- 2-6 cloves of garlic
- 3/4 cup coconut oil
- 1/2 cup almond or cashew butter
- 1 t herb salt
- to taste fresh parsley or chives

PREPARATION

Place container of coconut oil in a warm bath until it melts. Peel and crush garlic into a small bowl. Add nut butter, coconut oil and salt. Place bowl in cold water and stir until the mixture thickens. When it is thick, it can be put into containers for storage. This will prevent the salt from settling to the bottom.

USES

It can be used cool as a spread on bread or for baking garlic bread. It's also delicious on hot corn on the cob!



GARLIC BUTTER



MOOD



HIKINGWEEK

COURSE DATES 2020

N E W S T A R T P L U S

- March 1 - 12, 2020 For the Love of Your Health
- May 10 - 21, 2020 For the Love of Your Health
- July 5 - 16, 2020 For the Love of Your Health
- August 16 - 27, 2020 For the Love of Your Health
- November 8 - 19, 2020 For the Love of Your Health

D I A B E T E S - C O U R S E

- March 1 - 12, 2020 Free from Diabetes
- May 10 - 21, 2020 Free from Diabetes
- July 5 - 16, 2020 Free from Diabetes
- August 16 - 27, 2020 Free from Diabetes
- November 8 - 19, 2020 Free from Diabetes



DETAILS

S T O P - S M O K I N G

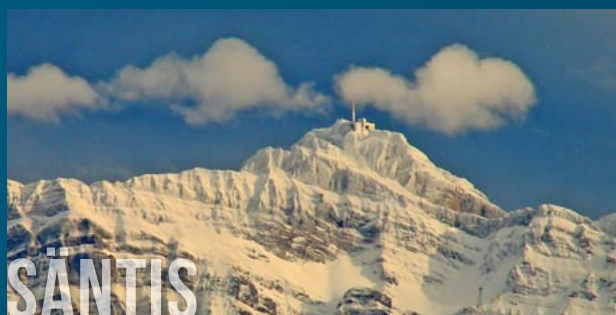
- February 2 - 13, 2020 Finally Free
- October 18 - 29, 2020 Finally Free



REST

M E N T A L - H E A L T H

- Feb/March 23 - 1, 2020 Marriage Seminar
- April/May 26 - 3, 2020 Forgiveness Seminar
- June 21 - 28, 2020 Forgiveness Seminar
- November 1 - 8, 2020 Marriage Seminar
- November 22 - 29, 2020 Forgiveness Seminar



SÄNTIS

H I K I N G - C A M P - W E E K (S)

- September 6 - 20, 2020 Guided Hikes



SEE YOU SOON

WWW.BERGPENSION.CH

