

# Newsletter

Mountain Guesthouse Sonnmatt  
January 2011

*Vacation at Sonnmatt  
makes me feel good!*

## Joy in the New Year

We wish you all joy, health and success in 2011!

The winter has still not passed in Toggenburg. If you've always wanted to go snowshoeing through snow-covered mountain meadows and forests, there's a golden opportunity waiting for you at Sonnmatt.

Or, you can hike along the many paths and enjoy the gorgeous, snow-covered mountain scenery. Or, how about a cross-country ski tour through some of the most beautiful spots in Toggenburg?

This picture showing a sea of fog in the valley below Sonnmatt is not a rarity. When you've had enough of the fog, we recommend a quick get-away to Toggenburg!

## How I learned massage ...

I recently took part in a massage course at the LLG Holiday and Health Center Sonnmatt, where I learned classical, Swedish full-body massage.

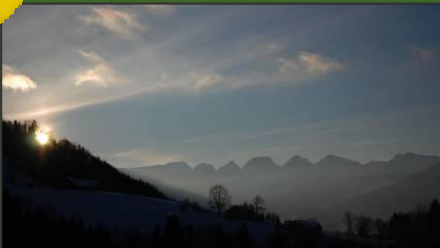
The course was very practical and also very fun. We students were always either massaging or being massaged. We got a lot of practice and also had the opportunity to experience firsthand the feeling we were trying to learn to give others.

They spoiled us with delicious food and a small snowshoeing excursion on a perfect, crystal clear day, with a magnificent view of the "Säntis" and the "Princes of Chur" mountains.

I learned a lot and am joyfully looking forward to using my newly gained knowledge to serve God and help my fellow men.

(by R. A.)

Rise



Look here ...



Sea of Fog



Säntis



Massage



Snow



Friends



Action



Comfort



Cheese



Balance



Rigi



Reflection



Rest



Sunset



## Sonn matt Poetry

Up at Sonnmatt, way up on the mountain,  
Peace and joy flow like a fountain.

Still water, lush meadows and slopes—  
The delicious food bests all our hopes.

The vegetation there is so appealing,  
Not only to look upon, but also for healing.

No matter what the time of year,  
At Sonnmatt you'll be healthy and free from fear.

Truly Christian they are, in thought and in deed,  
Just look at the price and how they treat every need!

Come, see for yourself! Have a look! Be smart!  
The Fischers invite you warmly, sincerely from  
their heart!

(Written by a Sonnmatt Guest, translation: TZ)

## Easter – Traffic Jam?

Why sit in a traffic jam on your way south at  
Easter time, like every year? A great alternative  
would be a quiet vacation at Sonnmatt.

The ski-lifts for snowboarding and skiing in Tog-  
genburg are in service until after Easter.

## Our Vacation – Offer



3 days FB\* from 192 CHF (≈153 €)

4 days FB\* (Easter) Thu-Mon from 256 CHF (≈204 €)

\* FB means full board per person

## Course Dates 2011



### ALL-ROUND-HEALTH

(12-day Lifestyle Program)

- 06. - 17. February
- 20. - 31. March
- 29. - 09. May / June
- 26. - 07. June / July
- 11. - 22. September
- 09. - 20. October
- 06. - 24. November (19 days)
- 04. - 15. December

We also offer this course in English.

More information at:

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