



Medical Wellness Ayurveda
SEEHOTEL BÄREN
AM MAGISCHEN BRIENZERSEE

RELEASE THE BURNT-OUT FEELINGS EXTEND YOUR HAND TO LIVE

Nowadays, people suffer from extreme pressure, heavy demands, strains and anxieties, mobbing and burdens leading to depressions, or to the burnt-out syndrome. Be it as head of department, executive, employee or employer, be it as caring mother or pensioners, the daily exigencies increase immeasurably and can not be met any longer. People come to the limits of their bearing capacities. The inner loneliness is overwhelming.

This constant overload can lead to anxiety, deep sadness, listlessness, loss of self-confidence, conflict at work, problems with the family and to an emotional and spiritual exhaustion. A severe depression is the result, the burnt-out syndrome! The causes of the depressive disorders are very complex and can also be accompanied by physical discomfort.

There are several methods in order to get free from this rat race. One is the Indian health science "Ayurveda". Though the health teaching of Ayurveda was recorded thousands of years ago, the disease of "Burnt-Out" was already known. Even in those days, the feelings of depression were based on heavy grief, burdensome losses, intense fear and distress.

The science of Ayurveda helps you to identify and resolve old patterns, tensions and aggressions. The objective is clear: to find again cheerfulness, good health and peace of mind. These aims are achieved by defining the actual situation, by awareness, by building up courage to take responsibility for its own life and by answering the question "who am I?"

Ayurveda offers individual, blockages dissolving treatments, which show remarkable results. The vitally important emotional balance is restored.

You find self-confidence, self-esteem, serenity, but also joy of life and inner strength. Vigour, enthusiasm, dynamism, heartiness and a healthy drive will accompany you in your daily life. You will feel new-born and happy.

DE-STRESS AND RELAX

Gain vitality and your balance of body, mind and soul

22 days package, 21 nights, including half board with original Ayurveda cuisine. All treatments are included.

After the consultation, the individual program will be set according to your needs by the Ayurveda responsible.

In addition to the different specifically chosen types of massages, you will be treated with KalariUzhichil, Dhara, cleansing therapies, steam bath Swedana and Pizhichil, the oil bath. Enjoy intensive, therapeutic Prana Yoga and meditation. The range of care offered is generous and individually tailored.

Price Fr. 5.900.00 all included MIDI with 58 treatments

Price Fr. 6.550.00 all included MAXI with 68 treatments

Prolonged stays are possible. Per week the price will be from Fr. 1.800.00 up to Fr. 2.200.00 including all supplement treatments.

Arrangement in a single room with shower/toilet on the premises, balcony, view on the lake: same conditions.

Arrangement in a large single room with shower/toilet, balcony, view on the lake: supplement of Fr. 40.00 per night.

The local tax is billed separately.

- THE CURES CAN START ANYTIME!

Our prices

All our prices are based per person on an arrangement in a double room with breathtaking view on the lake and mountains, bath or shower/toilet including breakfast buffet, vegetarian Ayurveda dinner and Ayurveda teas in your room as well as all the treatments described in the program

Supplement for individual room with shower or bath/toilet Fr. 40.00
No additional charge for individual rooms with shower/toilet on the premises

Upon request, we shall gladly serve free of charge breakfast in your room.
You can order with extra charge a light ayurvedic lunch or soup, which we serve either in our restaurant or in your room.

You will receive all necessary additional information at our reception.