



Medical Wellness Ayurveda
SEEHOTEL BÄREN
AM MAGISCHEN BRIENZERSEE

BEAR NEWS SPRING 2020

We warmly welcome you again in 2020. Please come and spend a beautiful and bear-perfect vacation on the magical Lake of Brienz! Enjoy a stay for your well-being, a short visit, alone, with your family or friends!

25th ANNIVERSARY OF THE INDIAN HEALTH SCIENCE AYURVEDA!

We celebrate - together with all of you - our 25th anniversary - back then, when we were totally fascinated by this health science and AYURVEDA was first offered in Brienz.

Monique Werro got to know Ayurveda in Kerala 25 years ago and was so enthusiastic about this health method that she decided on the spot to "pack up" the chef at the Hotel Surya Samudra and to offer Indian and Ayurvedic cuisine in the Bernese Oberland. She then spoke to the owner of the clinic and informed him that she would also like to take the Ayurveda therapist with her! She can do that, it would be a good experience for him, however only if she also invites a trained Ayurveda manager to Switzerland. At that time there was no internet and no cell phone connection in Kovalam! (Imagine that ... and it was not so long ago!) Monique could only communicate with her daughter Ariane by fax. The bear people just shook their heads! First the cook, then a therapist, and also a person responsible for Ayurveda! Has she become totally crazy?? And, they did not know that a whole shipping container would also arrive with the necessary furniture, the oils, pastes and herbs! And that was the beginning of the AYURVEDA philosophy at Seehotel Bären just 25 years ago!

Our team should have been back from April 6, 2020. Our employees Syril, the Indian and Ayurvedic chef, and Ravi, professional therapist receive usually only a 9-month Swiss permit; therefor they always go home for three months at the beginning of a year. However, it is a great chance for them to spend a few weeks with their family and friends.

We are recognized as a WELLNESS destination by the STV (Swiss Tourism Association)
Hotellerie Suisse has awarded us the MEDICAL WELLNESS rating
We are a member of the NVS (Swiss Association of natural healers) and of
VSAMT (Association of Swiss Ayurveda Medicals and Therapists)
SPAK checked our locations and awarded our house the quality label

The following seminars will be organised in 2020:

YOGA seminars with the popular Pia Fischer
Seminar with the appreciated Barbara Witschi & Collin Hall, Singulart Thun
Astrology seminar with the top astrologer Roland Jakobowitz

YOUR BIRTHDAY - THE SPECIAL PARTY

As in previous years, we have special offers with accommodation and a great pampering program. Come and enjoy a special day with your loved ones in our spectacular mountain and lake oasis.

RESTAURANT - GASTRONOMY

Our gastronomy team is looking forward to welcoming you to our beautiful lake terrace, to spoiling you with food and drink and with a lot of friendliness! The covered terrace is also beautifully situated and from the "La belle Batelière" restaurant you have a bewitching view of the magical Lake Brienz! Groups are always welcome and we are happy to respond to your requests at any time!

EASTER & PENTECOST

Important Christian festivities bring a peaceful time for many of you, they represent also restful period, reflection and joy. We have put together offers for you so that you can spend these holidays with pleasure and happiness.

BOUTIQUE GANESHA

I, (Monique), have just made the inventory for the Ganesha boutique ... I was amazed at the variety, I held the finest Pashmina Shawls in my hands, admired hand-embroidered coats and jackets, valued the most wonderful gift items, sniffed Ayurveda oils and products. It is a real exciting world of wonders! Don't forget to visit the GANESHA boutique at your next visit in Brienz. We would be happy to send you a selection of items according to your choice!

MONTREUX meets Brienz - Jazz Festival 2020 - FREE concerts

The festival starts on Saturday June 20th and will last until the beginning of September. Great exciting concerts with fascinating artists await you and organized a date in our mountain and lake oasis. Come, visit these free concerts, take part, support the musicians who always perform with great fun and a lot of appreciation at the Seehotel Bären. Kurt Brunner, Interlaken, a passionate musician and web designer, created a wonderful funny poster. You will receive it herewith attached, it should enchant, inspire and invite you to visit concerts of the Jazz Festival 2020. www.facebook.com/MontreuxMeetsBrienz.

HISTORICAL TOURISM POSTERS - SCISSOR CUTTINGS - ART PHOTOS

Monique Werro has been collecting vintage tourism posters from the old days for many years; she has bought them at many auctions. The artworks embellish your room, the staircase and the corridors in the Seehotel Bären. The tourism history of the early years is shown in all its variety. Colorful, meaningful, funny and funny, exciting, enchanting, starting at the beginning of 1900, partly across countries! Would you like to buy one or the other poster and hang it in your flat? They are available for purchase! The vintage posters are very sought after and of lasting value! Contact Monique. She will be happy to provide you with information.

MONICA VON ROSEN - in the Seehotel Bären we present photo works by the well-known artist Monica von Rosen, which adorn the first hotel floor. Wonderful photo art that you can purchase. Monica has exhibited her photo-based works worldwide. Above all, she became famous for her Polaroid creations; she creates fascinating picture series. Many exhibitions underline her unique art works.

Paper cuts by MICHEL PRAZ - he is a member of the Swiss Paper Cutting Association. His works of art adorn the dining room, the restaurant and the reception. They are wonderful creations and implementations of creative ideas. These can be bought ... and we also have a large collection that we cannot display due to lack of space. Ask us! They are wonderful gifts! www.praz-decoupages.fr / www.scherenschnitt.ch.

WISHES

A very warm thank you so much for your friendship, enthusiasm and sympathy, your trust! The team wishes you an enjoyable springtime in good health. Take care of yourself, be content and happy because every day is special!

SINCERELY,

Monique and Ariane Werro, your hosts and the whole BÄREN team