

Get in shape at the Schatzalp

Would you like to lose weight and stay slim forever? Then you learn with the association AbnehmFREUDE ev the "For-ever-slim-strategy" and use during your stay the "Davos height effect"!

What is the "forever-slim strategy"?

The vernacular says, "Weight loss begins in the head," but he does not say how! We have researched and found out that an obese person suffers from a lack of knowledge. As long as this exists, it is practically impossible for the person affected to lose weight and stay slim for a long time. With the "for-ever-lean-strategy" this lack can be remedied by training. In the process, the thoughts and the automatisms of an obese person are changed so that he thinks and acts like a slender human being. This can lead to a reduction in the intake of food and the person decreases - and keeps his desired weight for a lifetime. We set the control of the amount of food to "lean", so to speak.

Information on the strategy at: www.jederkannschlanksein.com

Why the Schatzalp?

Few know that the human metabolic rate is higher in the mountains than in the lowlands. By this effect takes off anyone who is in the high mountains, although he does not take any special food and eat the same, as usual. This phenomenon was evidenced in a medical study. In addition, Davos is a health resort where it is easy to relax and unwind. The fresh air and intact nature have a positive effect on the mind and body. We at the Verein AbnehmFREUDE ev lead an open, cordial culture and welcome everyone who wants to lose weight. We work in a relaxed atmosphere with joy and fun, that they reach their desired weight and keep forever.

programm 2019

summer	date 1	date 2	date 3	rate
	18. - 24.-08.	25. - 31.08.	6.10. - 12.10.	990.- CHF *

*additionally the visitor's tax at CHF 4.60 per person and night

Included:

- double room for single use (without surcharge)
- breakfast buffet and the evening dinner (one dish served on a plate)
- 20 trainings of the "For-ever-slim-strategy" with the author and male nurse Ulrich Wergin
- guided hikes in the Davos countryside
- free entry to the hotel's own sauna area
- free entry to the swimming pool of Hotel Europe
- free Wi-Fi and free internet in the business center
- every Tuesday and Thursday at 2:15 pm the Art Nouveau guided tour through Schatzalp
- free entrance to the botanical Alpine garden, the Alpinum Schatzalp (summer only)
- free use of the Schatzalp funicular railway until midnight
- free travel on all open cable cars of the DavosKlostersMountains (summer only)
- free travel on the Rhaetian Railway: Free travel (2nd class) between Klosters Dorf, Davos and Filisur
- Public transport: Free travel on the VBD local network, except the side valleys

The price does not include: drinks, lunches, personal expenses, tourist tax, own travel, changes are reserved!

Note:

The Schatzalp hotel was opened in 1900 as a sanatorium and is a member of the Swiss Historic Hotel. This means that the sanatorium atmosphere still prevails - which makes it unique in its charm. The rooms are furnished in the then prevailing taste and standards. There is a TV room with a device, for all guests. In the nostalgic rooms themselves there is no TV set! This can be an unusual change for one or the other guest, but it offers the opportunity to switch off better and to devote yourself entirely to the training and beauty of nature.

Booking at:

<http://www.schatzalp.ch/de/hotel/buchungsanfrage>

or

wergin@abnehmfreude.ch

for information on how to get here please click here

<https://www.schatzalp.ch/de/hotel/anreise/>

The trainings are carried out by:

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