PROGRAM SCHEDULE 2014

NSP 1	16. Mar. – 27. Mar.
NSP 2	27. Apr. – 8. Mai
NSP 3	18. Mai – 29. Mai
NSP 4	15. Jun. – 26. Jun.
NSP 5	6. Jul. - 17. Jul. (Family Session)
NSP 6	27. Jul. – 14. Aug. (18-day)
NSP 7	14. Sep. – 25. Sep.
NSP 8	12. Aug. – 23. Aug.
NSP 9	12. Oct. – 23. Oct.
NSP 10	2. Nov. – 13. Nov.

(Subject to change)

Limited space available, please register quickly!

PRICE Newstart® Program

		Double Occupancy*	Single Occupancy
11-day Program	Standard	640	890
	Comfort	690	990
	Apartment	890	-
18-day Program	Standard	940	1 390
	Comfort	1 040	1 450
	Apartment	1 290	-

*A spouse receives a 10% discount
all prices are given in EUR

"To say that my stay here has been incredible is too great an understatement. I came here from Toronto, Canada, intending to stay three weeks, but loved it so much that I rescheduled my flight twice.

My experience has been life-changing. I had come here hoping to learn about how to live healthier but I have experienced so much more than that. The wonderful team here makes you feel as if you are a part of the family. Through cooking and sharing meals, singing and evening campfires, walking in nature, occasional field trips, interacting with the other guests, reading and studying, and prayer, you really do cultivate a deeper relationship with others and with God that is so fulfilling.

It is beyond imagination. Your life perspective completely transforms, old habits are replaced with greater ones and with every single day, you realize just how blessed this place really is. This place has touched my heart so deeply and for anyone wishing to have an experience with God, get a better understanding of healthy living, or just to make some everlasting friendships, I suggest coming here. Mattersdorferhof will surely touch your heart as it has mine."

Nikki - Canada

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COUNTRY LIFE
GESUNDHEITSZENTRUM
Mattersdorferhof

Experience!
Health

NEWSTART® PROGRAM

MATTERSDORFERHOF

What is a Newstart® Program?

"A new man in eleven days"* (R.W.)
"24 pounds less in three weeks"* (T.K.)
"No more need for cholesterol medication"* (A.S.)
"Permanent normal blood pressure"* (E.S.)
"Lost a load and found a treasure"* (L.D.)

The Newstart Program is an intensive, personalized training program to optimize your lifestyle.

*These are the experiences of the individual guests. Personal results may vary.

What does the Program contain?

- Personalized daily schedule
- Individualized water or charcoal applications and tea recommendations
- Practical plant-based vegetarian cooking and baking course
- Informative Health Presentations
- Workshops about simple natural healing methods
- Personal lifestyle coach
- Spiritual program –pastoral care available upon request
- Recommendations for a take-home program
- Prior testing taken into account

Daily Schedule

6:30 Presentation "Mental Health"
7:00 Breakfast
8:00 Walk
8:40 Health Presentation
9:45 Aerobics
10:45 Personal lifestyle coach sessions
13:00 Lunch
14:00 Walk
16:00 Cooking Class/Workshop
18:00 Light Supper
19:00 Daily Closing Thoughts "Good for the Soul"
(Subject to change)