

UPCOMING PROGRAMS 2019

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|--------------|--------------------------------------|
| NSP 1 | 24 March – 4 April |
| NSP 2 | 28 April – 9 May |
| NSP 3 | 19 – 30 May |
| NSP 4 | 7 – 18 July |
| NSP 5 | 28 July – 8 August (Family Newstart) |
| NSP 6 | 22 September – 3 October |
| NSP 7 | 13 – 24 October |
| NSP 8 | 10 – 21 November |

(Subject to change)

Limited space available, please register quickly!

PRICING Newstart® Programm

| 11-day Program | | Double Occupancy* | Single Occupancy |
|----------------|-----------------|-------------------|------------------|
| | Standard | | € 790 |
| Comfort | | € 890 | € 1.190 |

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



As a lifetime missionary physician to Adventist Medical Center in Okinawa, Japan, I have always encouraged patients to engage in a healthy lifestyle.

Now in semi-retirement, I want to be more systematic and applied than possible in busy clinics over the years. So I came to Country Life Mattersdorferhof to learn to teach the principles of healthy lifestyle.

For 11 days, beginning in late September, 2016, I had the pleasure of interacting with staff, students, and fellow guests, enjoying the stimulating and invigorating hydrotherapy, lectures, exercise classes, walks through the beautiful Austrian countryside, cooking classes, delicious food, and the deep sleep induced by the perfect combination of activity and inactivity.

It was such a great experience, that I am planning now to lead a group of 10-12 Japanese friends to Mattersdorferhof, in the fall of 2017 to enjoy a similar life-changing experience. Mattersdorferhof, you are going to see me again!

Darrel V. – Newstart program guest

NEWSTART MATTERS DORFERHOF

*Country Life Gesundheitszentrum
Mattersdorferhof*

Mattersdorf 10 | 9560 Feldkirchen/Kärnten
www.countrylife.at | office@countrylife.at
+43 (0)4277 23 37

2019



NEWSTART® MATTERS DORFERHOF

Experience health!



What is a Newstart® Program?

“A piece of **heaven on earth.**”

“**Personal, competent** counsel and care.”

“We came here weary and in need of a vacation, and returned **restored in body, mind and spirit.**”

“**A new person** in 11 days”

“Finally, normal blood pressure!”

We cannot promise this by any means – still, these are the impressions of our guests after their stay here.

The **Newstart Program** is an intensive, individualized training program to optimize one’s lifestyle.



What does the Program include?

- ◆ 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 “Mental Health” presentation
- 7:00 Breakfast
- 8:00 Morning walk
- 8:40 Health presentation
- 9:45 Aerobics
- 10:45 Personalized treatment sessions
- 13:00 Lunch
- 14:00 Afternoon walk
- 16:00 Cooking class/ Workshops
- 18:00 Light supper
- 19:00 Closing Thoughts “Good for the Soul”

(Subject to change)