During the last 50 years, the Paracelsus Clinic Lustmühle/AR developed into a renowned centre for Biological Medicine and Hyperthermia, offering a wide range of diagnostic and therapeutic treatments, highly advanced therapies and administrations.

Praxis Sonnenbär has an in-depth experience in the Natural Sauna Ceremony – one of the most ancient ways in the administration and performance of hyperthermia – for more than two decades.

In 2017, the extraordinary knowledge of Hyperthermia and holistic medicine has been integrated in the project “The Natural Sauna Ceremony, Program Soft-Lodge”.

Ancient cultures already knew about the medicinal power of heat / warmth and steam baths, in a wide variety of forms all over the planet.

Simple archaic steam baths or sweat lodges like the Natural Sauna Ceremony have been practiced around the world and can, even nowadays, still be found in nearly every culture. Every nation or tribe have their own ways and rules on how to perform such a ceremony. However, it is always about cleansing, detox, healing, transformation and recovery of body, mind, spirit and soul. The Natural Sauna is a place of release – a sacred space of transformation in Mother Earth's shelter. Through conscious awareness of the elemental forces – earth, fire, water and air – a deep bond can be experienced within a truly natural spirituality.

**Target group “Program Soft-Lodge”**

“The Natural Sauna, Program Soft-Lodge” is primarily intended for patients of the Paracelsus Clinic. It is specifically developed for people whom, even with a restriction from a disease, are still determined to participate in the deep experience and transformation process of a Natural Sauna Ceremony.

By means of small groups and a slow and conscious approach to this healing and transformational process (with enough time for preparation and post-processing), participants are enabled to be a part of this ancient, powerful and truly simple ceremony.

Relatives or close friends of Paracelsus patients are also welcome to join the program “Soft-Lodge”, as they are equally involved in the healing and transformational process.
Seminars 2017

Natural Sauna Ceremony, Program „Soft-Lodge“

All 3 seminars can be booked individually and independently from each other

Information evening: Monday, May 29th, 18:30 at Paracelsus Clinic (Building Z)

Dates 2017:
from 8 up to max. 15 participants


Location: Seminarhotel Schloss Glarisegg, Steckborn/TG, at the Swiss shore of lake Constance and close to Rheinfall: www.schloss-glarisegg.ch

Cost per Seminar (per person): CHF 330.-

Cost per stay (2 nights, per person): at Seminarhotel Schloss Glarisegg incl. vegetarian, dairy-free, regional food, full board and coffee / tea:
- Women’s or Men’s dormitory CHF 200.-
- 3-bed sleeping room with shared shower CHF 240.-
- Double room with private bathroom CHF 290.-

Note: for independent lodging outside of Seminarhotel Schloss Glarisegg, food options are still bookable at an individual rate (please request in advance).

Compulsory registration by email to: eva@patientencoaching-sonnenbär.ch

Instructor of the Natural Sauna „Program Soft-Lodge“:
Eva Meier Bear, mother of two, grandmother, qualified nurse and graduate in dementia care, works in the renowned competence centre for dementia care Sonnweid, Wetzikon/ZH.
Eva has led natural sauna ceremonies for more than 25 years. She has performed ceremonies in many countries including Switzerland, Portugal, Spain, Italy, Germany, Sweden and Costa Rica.

In her Praxis Sonnenbär, Eva offers alternative methods for patients who desire to actively reflect and process their disease in a holistic way. A defining characteristic of her work is the approach of mirroring nature-oriented processes. The power of the natural elemental forces of earth, fire, water, air and spirit are an essence of her undogmatic work.
Since 2008, she has led professional trainings in Switzerland and Portugal for people who aim to become a sweat lodge keeper / leader of natural saunas.

All ceremonies of Eva are accompanied by experienced and qualified staff.

www.patientencoaching-sonnenbär.ch