

Summer 2011 @ Goldener Berg

Season opening 22nd June 2011

22nd – 26th June	Dance summer
23rd – 26th June	A Mindful Way Forward– Workshop with Gerti Samel
<i>30th June – 3rd July</i>	<i>Arlberg Classic Car Rally</i>
2nd – 9th July	Cookery course with Inge Mersseman
<i>9th July</i>	<i>Lech village festival</i>
<i>16th July</i>	<i>14th Lech peak triathlon</i>
17th – 24th July	Golf challenge Lech
24th – 28th July	Motor cycle days
5th – 20th August	Energy work with Sabine Kauker
<i>7th – 12th August</i>	<i>9th football holidays with kids</i>
<i>7th August</i>	<i>Festival on the mountain</i>
<i>20th August</i>	<i>9th Lech high-altitude half marathon</i>
21st – 28th August	Climbing week at Hotel Goldener Berg
2nd – 4th September	Dance summer
3rd – 10th September	Seminar “G’spiarn” – Feel... lust for life instead of frustration
11th – 18th September	Wellness week at Hotel Goldener Berg
<i>21st – 25th September</i>	<i>15th Lech Philosophicum</i>

Season finale 25th September 2011

23rd – 26th June 2011
Samel

A Mindful Way Forward– Workshop with Gerti

The renowned journalist and literary author Gerti Samel has written a number of books on holistic healing, personal development and a new consciousness. In workshops, lectures and articles, she is committed to giving a larger public access to healing life attitudes and a mindful way of thinking. Gerti Samel lives and works in Munich and on her farm in Lower Bavaria.

Theme

How can we deal with the future from within – lovingly and fearlessly? Especially in times of crisis, it's important to keep a sense of faith. Instead of fearfully clinging to would-be safety nets, we are called upon to have the courage to deal with changes and to recognise the chances they offer. Mindfulness and living in the present offer the best tools to react to new challenges in an appropriate and authentic way.

The aim of the workshop is to recognise how we can retain inner calm in the middle of the chaos of a changing world and recognise what is really important for us... usually that is precisely the thing that makes us truly happy! Mindfulness is a learning process relating to consciousness, where we learn to understand life with all its facets and, at the same time, to become fully alive – and also alert to our own needs. We learn how to carry out every activity lovingly and mindfully, to listen to others, to experience nature in a more conscious way, to train our senses while eating and learn to devote ourselves to the moment and to listen to our own selves more and more. And this is exactly what it's all about: coming to terms with your own self, finding the firm anchor within your own self and, through this, being an example for others.

The cost of the workshop is € 850.-- per person, which includes:

- A room of your choice for 3 nights
- Breakfast buffet overlooking the rooftops of Lech
- 3-course lunch menu with a selection of dishes available
- Tea and water provided throughout the workshop
- The workshop runs from 2.00 pm Thursday to 2.00 pm Sunday
- 2 evening meditation sessions (voluntary participation)

Programme

Arrival on Thursday by 1.00 pm; workshop begins at 2.00 pm

Friday & Saturday: workshop runs from 10.00 am to 6.00 pm with lunch breaks

Sunday: workshop runs from 10.00 am to 2.00 pm followed by departure

2 evening meditation sessions are offered.

Please bring with you light, comfortable clothing, walking shoes for a day out in the exquisite surrounding nature, plenty of joyful willingness to learn new things and expand the knowledge you already have.

2nd – 9th July 2011

Cooking course with Inge Mersseman

Inge Mersseman will again be holding her popular week long course at the Goldener Berg. We will be making things very cosy each afternoon in our kitchen. There will be Prosecco on offer and good things available to munch on while we are cooking. The sessions take place every day from 2.30 pm to 5.00 pm. Before and afterwards, you can enjoy the magnificent Oberlech mountains and our Alpin Spa. In the evening, you can also join us for a meal together if you wish. We are especially pleased that Ms. Mersseman will be cooking with our guests again. This time round, it's: do it yourself!

Programme

Sunday

Uncomplicated home desserts – simple but never naive **NEW EDITION**

Delicious desserts that can be prepared quickly and simply but which are nevertheless special.

- * Rice pudding with almond crumble and apricot sorbet
- * Tiramisu in a glass
- * Iced Caipirinha
- * Chocolate moelleux with vanilla ice cream and raspberries

Monday

Pasta and Co.

Learn how to make fresh pasta yourself and how to prepare uncomplicated meals with it. We will be using mainly local ingredients.

- * Make a pasta dough
- * Use it to make tagliatelle, spaghetti and ravioli
- * Potato gnocchi
- * Use in, for example, lukewarm pasta salad or ravioli gratin with blue cheese, papardelle with pikeperch, confit tomatoes and aged balsamico

Tuesday

Is it tapas, anti-pasti or titbits? Go for something quite different! A table full of great little bites.

- * Stuffed smoked ham
- * Small "Kriel" potatoes with garlic mayo
- * "Palatschinkenstrudel" - pancake strudel with salmon and cream cheese and lots more besides

Wednesday

Free day

Thursday

The finest fish and meat dishes

Friday

French pastry: modern adaptations of French patisserie classics

- * Eclairs
- * Apple cake à l'ancienne
- * Succulent
- * Mont blanc
- * Soleil

Prices from € 1133,-- per person, which includes:

- A room of your choice for 7 nights
- Half board
- 5 cooking sessions including recipes and all ingredients
- Prosecco, coffee and soft drinks provided during the sessions
- All the amenities that we provide as a matter of course!

24th – 28th July 2011

Motor cycle days with Mr Pfefferkorn

You have always dreamed of a motorcycle trip through the Alps? Here in the Goldener Berg your dream comes true. Mr. Pfefferkorn personally takes care of your unforgettable days in the heart of Europe. He accompanies you 3 days with the bike and shows you the most scenic routes and mountain passes and of course his favorite places. From Austria, to Germany and Switzerland and finally to Italy, you will be amazed!

from € 574,-- per person and package in a single room

from € 1472,-- in a suite (2 persons) including half board

The package includes:

- 4 nights at the "Goldener Berg"
- Tour guidance of Mr Pfefferkorn
- 5 course gourmet dinner
- A cooling drink every day
- free use of the Alpin Spa
- all taxes and duties

17th – 24th July 2011

Golf Challenge Lech

Combine the best golf courses with the best hotels in the region and you will get a very special result! Look forward to an exclusive challenge with an entertaining supporting programme.

Enjoy a great golfer's week with some of Lech's best hotels and two golf courses in the region and take part in two tournaments (at golf club Bludenz-Braz and Rankweil)!

The price per person in a double studio is € 1.165,--, in a single room € 1.127,--.

Included are:

- 7 nights at the Hotel Goldener Berg including half board
- welcome dinner at the Hotel Austria with all the participants
- starter's present
- dinner and award ceremony at the Hotel Gasthof Post with all the participants
- Hiking tour and barbecue afternoon
- visit of the Bregenz Festival with the premiere of André Cheniér. Opera in 4 acts of Umberto Giordano in Italian language. Premiere: 20.07.2011, 9:15 pm.
- dinner at the Hotel Berghof with all the participants
- gala dinner and award ceremony in "Alter Goldener Berg" with all the participants
- 2x entry fees for the tournament
- 2x snacks for the trial games
- 2x snacks for the tournaments
- 2x green fee for the golf club Bludenz-Braz
- 2x green fee for the golf club Rankweil
- transfer to the golf clubs

5th – 20th August 2011

Energy Work with Sabine Kauker

Recharge your batteries with the unique healer and teacher Sabine Kauker!

SABINE KAUKER

REIKI Grand Master and life coach Sabine has travelled in many countries in Asia and also trained for several years "on location" in Hong Kong – learning Chinese foot reflexology massage and detoxification of affected body cells, and working with the lymph system as well as traditional acupuncture, helped enrich her existing portfolio of treatment. Her particular focus is on highlighting the emotional sources physical complaints have – and that we have the key to these in our own hands from birth. She emphasizes that only when we have a calm mind and a happy spirit can we experience physical wellbeing and maintain this condition. Our body gives us clear signals of what is happening "inside" and we are invited to open ourselves to this knowledge each and every day.

INDIVIDUAL WELLNESS JOURNEY

Be swallowed up by this experience – a holistic wellness journey to your own self! Sabine will put together treatment elements from her portfolio (such as Reiki, cleansing of the aura, singing bowls, ear candles, energy point therapy, Shiatsu...) that will enable your body, mind and spirit to be in perfect harmony.

Price € 962,-- per person and week

or € 1362,-- including Reiki Level I training

The one-week, all-inclusive fee for the sessions with Ms. Kauker includes:

- A room of your choice for 7 nights
- Sumptuous breakfast buffet overlooking the rooftops of Lech
- 5-course evening menu with a selection of dishes available
- 3 treatment applications of 60 minutes, each according to your selection
- Use of the Alpin Spa
- Whole-day childcare (from 9.00 am to 1.00 pm and from 4.00 pm to 9.00 pm)

REIKI

REIKI is the art and science of activating, directing and using natural universal life energy in order to foster balancing of energies, healing and wholeness. REIKI is also a very effective self-help technique for achieving complete relaxation and stress reduction in a very short space of time and facilitates wellbeing in people of all ages. REIKI encourages our creativity and our ability to deal with problems more easily – in addition, we return to look at love for

oneself, harmony and hope in our lives in order to nullify undesirable behavioural patterns in a better way.

60 minutes/ 90 euros or 90 minutes / € 135,--

CHINESE FOOT REFLEXOLOGY MASSAGE

This treatment is based on the holistic healing methods of traditional Chinese medicine (TCM). Reflex points on our feet are connected to every organ and every gland in our bodies. By working on the feet, the nerve, lymph and circulation systems are stimulated to bring the body into balance and to initiate a self-healing process. Feel the "before and after" effect – you'll also feel that your feet will have become that much lighter in terms of weight!

60 minutes / 90 euros or 90 minutes / € 135,--

ENERGY CENTRES AND ENERGY POINT THERAPY

By using a combination of ancient Asian massage techniques, the energy centres and energy points of our 7 energy bodies will be activated and balanced. Because of the unique effect you will get in terms of intensity of body awareness and experiencing of an intense deep relaxation, it is recommended that you are already familiar with holistic energy work and its possible after-effects. Otherwise, this experience may be somewhat irritating or the treatment may provide TOO MUCH wholeness.

90 minutes / € 135,--

Regarding **TRAINING in REIKI** (1st level up to instructor) as well as **CHINESE FOOT REFLEXOLOGY MASSAGE**, please contact Sabine directly.

The price consists of the 7-day summer half board rate plus € 250,-- for the three types of treatment and plus € 640,-- for the treatment and training!

21st – 28th August 2011
Film Festival

Climbing week at the Arlberg and Mountain

The Hotel Goldener Berg and ALPIN SPA offer sports days in the Arlberg mountains from **21st to 28th August 2011**.

This exciting climbing adventure, guided by trained professional climbers, guarantees unique and safe fun. The mountain guides show beginners and more experienced climbing enthusiasts the safe way to use climbing equipment and the technical climbing skills required for a stunning experience in the world of the cliffs. Guests will be rewarded with a breathtaking panoramic view over the Arlberg Alpine landscape.

The 500 m² **Alpin Spa** awaits to help you relax after a day of adventurous climbing. Massages, baths and mask treatments, the varied sauna landscape, swimming in the fresh spring water pool or simply switching off in the open air panoramic pool to enjoy a little more of what nature has to offer.

To follow up your exciting hours on the cliff face, visit the film festival in St. Anton to gain some fascinating insights into this exciting sport. Live the adventures of the greatest mountaineers of our time!

Further information on the St. Anton Mountain Film Festival can be found [here](http://www.filmfest-stanton.at/):
<http://www.filmfest-stanton.at/>.

The rate is € 1.134,-- in a single room, € 2.331,-- in a double studio.

The package includes the following:

- 7 nights at the 4- star Superior Hotel Goldener Berg
- large breakfast buffet
- 5 day climbing course with certified climbing instructors
- climbing equipment (without climbing shoes)
- two tickets to the mountain film festival in St. Anton
- transfer to St. Anton
- Welcome cocktail
- All taxes and duties

3rd – 9th September 2011 Seminar "G'spiarn" – Feel... lust for life instead of frustration

In this seminar, you have the possibility to recognize that you are NOT committed to your destiny. It's up to you and only you can change it!

Let show you how joy and fun come back to your life.

You can expect from this seminar:

Joy, lightness, celebrating your life, let go off the past, feel a togetherness with people, open hearts and smiling faces. After this seminar you will be more in contact with yourself, you will FEEL yourself. Clarity and Calmness will be your companions.

The speakers Wolfgang Kerschbaummayr and Kira Frerk are the founders of BLISS - the adventure of meditation. As part of their seminars they want to bring people the ADVENTURE of the inner journey closer, in a very playful, gentle and body-related manner.

Functioning:

Active meditations, bodywork, dynamic group processes, bio energetics, Samadhi sessions, open feedback sessions.

Procedure:

Arrival on Saturday and beginning of the seminar at 18.00 h; 20.00 h dinner.

Sunday to Friday: Active-hour morning meditation, seminar from 11.00-13.00 h and 16.00 - 19.00 h.

A day off is determined by the weather.

1 - 2 evening events.

The seminar itself can be modified flexibly according to the wishes of the participants.

Rate per person and week € 1.159,-, minimum participants 10 persons.

The price includes:

- Your room for 7 nights
- Seminar fees
- Large breakfast buffet above the rooftops of Lech
- 5 course evening meal
- Water, tea and juices during the seminar
- Free use of the Alpine Spa
- All amenities, that are naturally in the Goldener Berg

11th – 18th September 2011 Wellness week at Goldener Berg

Summer is coming to an end and the colder time of year is making its presence felt. Get fit for the winter with a week dedicated to body, mind and spirit! Tank up on energy for a whole week and do exactly what is personally best for you. Select the modules that are right for you from our extensive programme. During the wellness week from 11th to 18th September 2011, you can treat your body to the following experiences: singing bowl therapy, "Abhyanga" full body massage, the Raindrop Technique, LaStone therapy, "Padabhyanga" foot massage and "Muckabhyanga" head massage. In the afternoons, you can also take part in a Young Living Oils seminar or do Qi Gong exercises! There is also the option to take part in guided Nordic Walking excursions and guided hikes. Mountain bikes are available for rent in the hotel and there is a wide range of other sports on offer!

Our kitchen also always provides a "stay slim and healthy" menu besides the delicious toque-awarded menus.

A week here and you'll be set to go and fit for the autumn and winter ahead!

Price from € 1148,- in single room, which includes:

- A room of your choice
- Sumptuous healthy breakfast buffet
- 5-course gourmet menu or "keep fit" menu
- One session per day at the Alpin Spa
- Morning greeting exercises, Qi Gong, Nordic Walking, hikes and mountain biking
- Childcare facilities
- All charges and taxes