



GENERAL INFORMATION FOR THE GUESTS

Centre



The centre was built on the foundation of an old German farmhouse in a beautiful, remote, yet easily accessible place in the countryside near Adrspach-Teplice rocks. When building, we emphasized the maximum use of natural materials. The interior of the center consists of clay walls, ceramic tile, sandstone and solid oak and spruce wood.

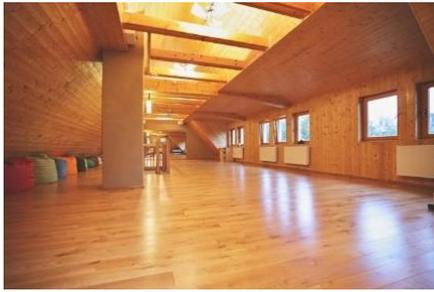
Accommodation capacity is 15 beds distributed in five rooms. The beds contain natural mattresses from Ota Reiss and Grossmann. The bedding is a combination of wool, feathers and 100% cotton. Rooms have ample storage space in the form of cabinets, chests of drawers and bedside tables.



There are three separate bathrooms (not part of the rooms) consisting of toilet, sink and shower and one separate toilet.



The gym/seminar room is located on the 2nd floor and its capacity depends on the nature of the seminar, but corresponds to the accommodation capacity of the centre, whether it is physical or non-physical activity. It is equipped with 15 seating bags (bean bags) of different colors and types, several futons and mattresses, a projector with a drop down screen. It has a very good sound system and a mirror wall.



The lounge on the ground floor, which also serves as a dining room, is equipped with a fireplace and upright piano. It is possible to use the sauna with a relaxation room. We prepare meals in a spacious, well-equipped kitchen. We cook on gas and use stainless steel, enamel and cast iron cookware. The centre is equipped with wireless internet.



The area surrounding the house includes flower/herb garden, fireplace, small grass soccer field (17 x 11 m) and a playground with things for kids and adults (trampoline, slackline, cableway, trapeze, swings, rings and a playhouse with slide, bridges, ladders, ropes and a climbing wall).





Towels (50 x 100 cm) are available. Guests can bring larger towels if desired.

How we cook

We are well aware that a person's physical nutrition, i.e what he eats, is personal and controversial. What suits one does not suit another. Information is often contradictory and difficult to navigate. At the centre, we prepare a diet that combines our personal, practical experience with current expertise.

It could be described as follows:

- ✓ Plant-based origin (however, we consider the work of the lecturer, we offer the possibility of adjusting the menu according to the needs of the seminar by including some food of animal origin)
- ✓ Varied and nutritious (colors, tastes, combinations, variety)
- ✓ High-quality raw materials (depending on the season and availability, we use foods from our gardens or local farmers). We use mostly organic ingredients with less chemicals, less additives.
- ✓ Tasty (satisfies your taste buds)
- ✓ Wild herbs and so-called superfoods (for strength, vitality and valuable nutrients)
- ✓ We do not use refined sugar
- ✓ We consider food intolerances (e.g. gluten-free diet)

Board includes 3 meals a day + afternoon dessert. Most often meals are served buffet style. Drinks are available throughout the day: water, prepared tea, hot water to make your own tea (tea bag selection), coffee or grain coffee.



The ground rules of the centre

For guest satisfaction and trouble-free operation, we kindly ask guests to respect the following rules (the list of the ground rules is available in the entrance hall and we ask the lecturers to inform the participants).

1. We ask all the guests to treat the centre with care, respect and love. Future visitors will thank you.
2. We kindly ask the guests to bring and wear their own house shoes.
3. The dining room is for eating. Guests are advised not to bring served food to their rooms.
4. It is not allowed to bring food to the lecture hall. Drinking only from a closable bottle.
5. It is not allowed to move furniture in the rooms.
6. Smoking is prohibited throughout the building and immediate vicinity.
7. Pets are not allowed to stay inside the building but they may stay outside.
8. If raining, guests are asked to close the skylights.
9. It is strictly forbidden to throw wet wipes, pads, tampons, food residues etc. into the toilet (this would be a big problem for the waste water disposal system)

10. Please dry your towels on the so called silent servant in each room.
11. Use of the playground is at your own risk.
12. At the end of your stay, we would be very glad if you close the skylights and strip the beds.

Additional services price list

sauna

6 USD/5 EUR per person (more than 5 people for sauna, sheet included)

30 USA/25 EUR per sauna (less than 5 people for sauna, sheet included)

massage

Whole Body Shiatsu Massage 1 hour (Bob Carr): **50 USD/40 EUR**

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