



## **Burnout Prevention in Hotel Schloss Pichlarn** **7 Days – reducing stress levels**

### **Knowledge of life**

Ayurveda is a system of traditional medicine native to India and practiced in other parts of the world as a form of alternative medicine. Literally translated it means "science of life", where life is defined as an interconnected entity of body, spirit, soul and surroundings. Hence Ayurveda goes deeper than the common principle of medicine. Apart from therapy and treatment of illnesses it emphasizes preventative care.

### **Reducing stress levels!**

Based on twenty years of experience concerning Ayurveda we have developed a new concept in our Institute for Ayurveda and Anti Ageing: Our aim is to minimize the negative effects of stress by specifically tackling and optimizing our costumers' personal handling of stress. As soon as the single individual realizes that they are not victims but active shaper of their lives, the burnout-syndrome has no chance.

**Take a break from your daily routine in our institute and enjoy the luxury of the 5-star Hotels Schloss Pichlarn.**

Your package includes:

- Coaching and supervision by our Dr. Schäffler
- 6 whole-body treatments
- 1 ayurvedic oil treatment (Shirodhara)
- 1 treatment of vital body points
- 1 treatment of abdomen
- 3 treatments of bowel
- 7 nights in Hotel Schloss Pichlarn, including half-board

**Price p.c. in double room EUR 2310,00**  
**Price p.c. in single room EUR 2695,00**

*Booking Code: "Reducing stress levels"*

At your request we will be happy to reserve one of our junior suites for you.

The packages are bookable upon request and availability, excluding Christmas and New Year's  
All legal taxes and duties are included in the above prices.

