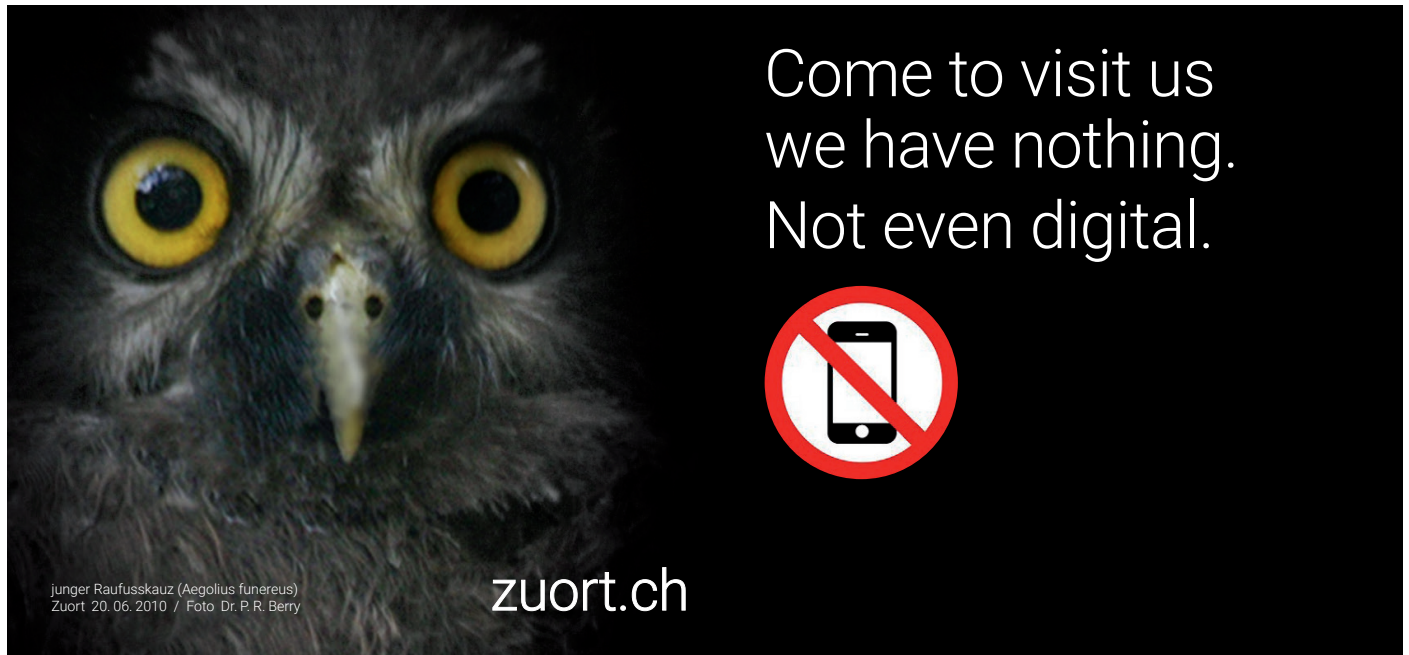


Hof Zuort



Personal Application

“Tranquility, stillness“ are rules of the house since one hundred years. Experience wellbeing on your own in this oasis of calm at the end of the world. Condition is your following consent:

I,

Last name:

First name:

Address:

Phone:

Email:

as immediate action upon arrival in Zuort, will deposit* my smartphone, tablet, PC etc. and take it back not until my departure. In a serious case of emergency, I am contactable via an emergency phone number or emergency email: 081 866 31 53 / notruf@zuort.ch

Place:

Date:

Signature:

* Devices on charging station



THERAPY-OFFER DIY

by Dr. med. P. R. Berry IV



1

Do nothing

2

Breathe calmly, focus on your breathing

3

listen, keep silent

4

**1 – 3 work especially well in open nature
(which we love so dearly, because she does not
have an opinion of us – Friedrich Nietzsche)**

5

Also works in the hotel room

6

Note down your thoughts

GTC: Misuse of the emergency phone number or emergency email: contract penalty CHF 400.–.

At any time you may demand your smartphone, tablet, PC etc., but will then have to leave Zuort immediately.