



Contents

Venue 2

How to get there 3

 Plane 3

 Train 3

 Car 3

 Flixbus from Germany 3

Accommodations 3

 Hotels/Apartments close to Seminar location 3

 Hotels in St. Gallen (by train/car) 5

 Hotels in the surrounding area (by bus/car) 5

 Hotels in Austria 6

Local transportation 6

 Train 6

 Car rental 6

Sight seeing 7

 Sightseeing around Altstaetten 7

 Currency 7

 Prices in Switzerland 7

 Altstaetten 7

Event coordinators 7



VENUE

Kulturraum Rhyboot, Alte Landstrasse 6A, CH-9450 Altstaetten SG ([Google Maps](#))

- Planes of Existence Instructors (June 10 - 14, 2024)
- You and the Earth Instructors (June 17 - 18, 2024)
- Planes of Existence 2 (June 20 - 28, 2024)

BERNECK → [CLICK HERE FOR MORE INFORMATION ABOUT THIS LOCATION](#)

- DNA 4 instructors (July 8-11, 2024)

Kulturraum Rhyboot, Alte Landstrasse 6A, CH-9450 Altstaetten SG ([Google Maps](#))

- Intuitive Anatomy Teacher (September 16 - October 4, 2024)
- Rainbow Children (October 7 - 10, 2024)

ST.GALLEN → [CLICK HERE FOR MORE INFORMATION ABOUT THIS LOCATION](#)

- DNA 4 Instructors (18.-21.11.2024)
- DNA 4 Part 2, Practitioners (1.-4.12.2024)
- DNA 4 Part 3, Practitioners (7.-10.12.2024)
- Planes of Existence, Instructors (28.10.-01.11.2024)
- You and the Earth Instructors (4.-5.11.2024)
- Planes of Existence 2, Instructors (7.-15.11.2024)



HOW TO GET THERE

Plane

Zurich airport is about 1.5 hours by car or train from Altstätten. There is a train from the airport to Altstätten twice an hour. The train station Zurich Airport is in the basement of the airport. Tickets can be purchased at a ticket machine or at the SBB counter.

Zurich is very well served by various airlines. You can travel with low cost flights like EasyJet (www.easyjet.com) or Pegasus (www.flypgs.com), as well as with Swiss, Lufthansa, Turkishairlines, Air France, Emirates or many other airlines. Cheap flight offers can be found at ebookers.ch.

Alternatively, you can take a flight to Munich, from there trains run directly to St. Gallen/Altstaetten with about 3 hours travel time.

Train

From Zurich main station as well as Zurich airport there are direct train connections to Altstaetten every half hour. The journey time is about 1.5 hour.

Find the SBB timetable here: [Link](#)

Car

Altstaetten is only an 1.5 hour drive from Zurich. Austria and Germany can be reached in a short time. Distances: Zurich 1.5 hour, Munich 3 hours, Stuttgart 3 hours, Milan 3 hours.

Take the highway exit Kriessern and drive in the direction of Altstaetten.

Find directions with Google Maps link here: [Kulturraum Rhyboot](#)

Flixbus from Germany

Long distance buses from Germany to Altstaetten at top prices can be found here: [Link](#)

ACCOMMODATIONS

Hotels/Apartments close to Seminar location

Hotel Lindenhof

Single rooms from 90.- CHF incl. breakfast

<https://www.lindenhof-altstaetten.ch>



Hotel Sonne

Single rooms from 92.- CHF incl. breakfast

<https://sonne-altstaetten.ch/>

Popup Hotel Untertor

<https://hoteluntertor.ch/>

Hotel Badhof

Single rooms from 95.- CHF incl. Breakfast | *Einzelzimmer ab 95.- CHF inkl. Frühstück*

<https://www.badhof.ch/>

Gaststätte Haus Ziel

Single rooms from 80.- CHF without Breakfast

<https://www.hausziel.ch/angebot/g%C3%A4stezimmer/>

Bed & Breakfast Ribelhof

<https://www.ribelhof.ch/>

Apartment "Erlenstrasse 23"

0041765793131 or regula.gschwend@hispeed.ch

Apartment "Romano"

Single rooms from 60 CHF without breakfast/with kitchen

Small flat from 75 CHF without breakfast/ with kitchen

<https://www.altstaetten.ch/hotels/42886>

Apartment "Weidest"

Flat with 3 bedrooms – Breakfast possible

<https://www.altstaetten.ch/hotels/80489>

Overview of all accommodations in Altstaetten

[Hotels Altstaetten](#)

AirBnB: Different Offers, contact corresponding offer and ask them about the connection to the Train station

www.airbnb.ch



Hotels in St. Gallen (by train/car)

Altstätten SG has a direct Train connection to St. Gallen. If you wish to stay in St. Gallen during your seminar you can drive back and forth from St. Gallen to Altstätten SG without problem (aprox. 55-75min).

[Hotels in St. Gallen](#)

Hotels in the surrounding area (by bus/car)

This Hotels are in surrounding towns and are reachable approx. 15-20min by car or 25-35min by public transport.

Hotel Metropol

<http://www.metropol-widnau.ch/>

Hotel Forum

<https://www.forum-hotel.ch/>

Hotel b_smart

<https://www.b-smarts.net/widnau>

Gasthaus zur Traube

<https://www.traube-balgach.com/>

Hotel Bad-Balgach

<https://www.bad-balgach.com/>

Hotel Profis

<https://hotelprofis.ch/>

Hotel zur Fernsicht

<https://fernsicht-heiden.ch/>

Skymotel

<https://www.skymotel.ch/>



Hotels in Austria

These Hotels can **ONLY** be reached with a car (approx. 25-30min by car)

Ökohotel Hohenems

<https://www.oekotel.com/unsere-hotels/hohenems/>

Hotel Sonne Altach

<https://www.me-solutions.cc/>

Gasthaus Krone Koblach

<https://gasthaus-krone-koblach.eatbu.com/?lang=de>

LOCAL TRANSPORTATION

Train

Switzerland is the land of clocks, so public transportation is usually on time to the minute. The comfortable SBB trains run in all directions, usually several times an hour. To take the train you just need to buy a ticket at the station and start your journey - you don't need a seat reservation.

Find the SBB timetable here: [Link](#)

Car rental

If you rent a car in Switzerland you can do it directly at the airport. There are several providers: [Link](#)

There are various parking options in Altstaetten: [Link](#)



SIGHT SEEING

Sightseeing around Altstaetten

[Here](#) you can find some sightseeing ideas around Altstaetten.

Currency

Switzerland has Swiss francs (CHF) as its currency. Altstaetten is close to the border with Austria and Germany, so the Euro is also accepted as a means of payment in most places.

The conversion rate for Swiss Francs can be found [here](#).

Prices in Switzerland

Many people think Switzerland is expensive, judging by their experiences in big cities like Zurich. Zurich is one of the most expensive cities in Switzerland in terms of prices. In the countryside and in smaller towns, prices are quite different.

Altstaetten

Altstätten is located in the east of Switzerland, in the St. Gallen Rhine Valley. The historic market town with its quaint alleyways and picturesque houses has always been the center of the region. Altstätten combines urban and village advantages: a wide range of cultural activities and numerous shopping opportunities, surrounded by the generous natural surroundings of the extensive urban area. Around 150 clubs and traditions such as carnival and various markets contribute to making Altstätten a lively town. Altstätten is home to around 12,000 inhabitants.

EVENT COORDINATORS

For questions and further information please contact us by phone or by e-mail.

Matthias Wirth & Nicolas Wirth
W-Cooperations GmbH
Neudorfstrasse 8
CH-9451 Kriessern
Schweiz
www.thetahealingswiss.ch
info@thetahealingswiss.ch
+41 71 511 43 70