



**THETAHEALING SEMINARS  
SWITZERLAND | ST.GALLEN  
APRIL – NOVEMBER 2024**

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# THETAHEALING SEMINARS SWITZERLAND | ST.GALLEN APRIL – NOVEMBER 2024

## VENUE

### **Hotel Dom, St. Gallen** ([Google Maps](#))

Intuitive Anatomy Instructors (April 29 – May 23, 2024)

### **Hotel Einstein, St. Gallen** ([Google Maps](#))

Building Intuition Instructors (20.-23.5.2024)

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)

### **Hotel Militärkantine, St. Gallen** ([Google Maps](#))

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 only one hour away from St.Gallen by car or train. There is a direct train from the airport to St.Gallen twice an hour.

The Zurich Airport train station is in the basement of the airport. Tickets can be purchased at a ticket machine or at the SBB counter.

Zurich is very well connected by various airlines. You can travel with low cost flights like EasyJet ([www.easyjet.com](http://www.easyjet.com)) or Pegasus ([www.flypgs.com](http://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](http://ebookers.ch).

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

### Train

From Zurich main station as well as Zurich airport there are direct train connections to St.Gallen every half hour. The journey time is about 1 hour. There are also direct express trains from Bern (2 hours), Geneva (4 hours) and Munich (3 hours) to St.Gallen.

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



# THETAHEALING SEMINARS SWITZERLAND | ST.GALLEN APRIL – NOVEMBER 2024

## Car

St.Gallen is only an hour's drive from Zurich. Austria and Germany can be reached in a short time.  
Distances: Zurich 1 hour, Munich 2.5 hours, Stuttgart 2.5 hours, Milan 3.5 hours.

Take the highway exit St.Gallen/Kreuzbleiche and drive towards the center.

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

## Flixbus from Germany

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

## ACCOMMODATIONS

There are many hotels in St. Gallen in different price ranges. Often you have very good and cheap deals for rooms via [booking.com](#) – so book early.

### Nearby hotels

#### [Hotel Einstein](#)\*\*\*\*\* ★ ★

Single and double rooms from CHF 200.00

#### [Hotel Dom](#)\*\*\*

Single and double rooms from CHF 135.00 per room, per night

#### [Hotel Vadian](#)

Single and double rooms / apartment from CHF 126.- per room, per night

#### [Hotel Elite Garni](#)\*\*

Single and double rooms from CHF 75.00 per room, per night

[reception@hotel-elite.ch](mailto:reception@hotel-elite.ch)

#### [Touchbed](#)

Wide range of accommodation in a prime location.



## THETAHEALING SEMINARS SWITZERLAND | ST.GALLEN APRIL – NOVEMBER 2024

Affordable accomodation options

[Airbnb](#)

[Youth hostel St. Gallen](#)

Other Hotels in St. Gallen

[Hotel Weisses Kreuz](#)\*\* , Engelgasse 9

Single room CHF 65 bis 80; double room CHF 115 bis 135

[Gallo](#)\*\*\*, St.Jakobstr. 62

Single room CHF 90-165 / Double room CHF 120-215

[Best Western Hotel Walhalla](#) \*\*\*\*

Single room CHF 200-230 / Double room CHF 275

[Radisson Blu Hotel](#) \*\*\*\*

Single room CHF 220-280 / Double room CHF 220-305

You can also find a list of hotels and accommodation options [here](#)

or

on [booking.com](#)

## 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](#)



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### 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 package options in St. Gallen: [Link](#)

## SIGHT SEEING

### Sightseeing around St. Gallen

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

### Currency

Switzerland has Swiss francs (CHF) as its currency. The meeting place of St. Gallen 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.

We have chosen the city of St. Gallen in eastern Switzerland as our seminar location. St. Gallen convinces with its culture as well as its favorable accommodation and catering possibilities. Close to the border with Austria and Germany, St. Gallen can be easily reached by train as well as by car.

### St. Gallen

St. Gallen is the capital of the eastern Swiss canton of St. Gallen. It has about 74,000 inhabitants and is one of the higher cities in Switzerland with about 700 meters above sea level. St. Gallen is located on the Steinach, a river that flows into Lake Constance.

St. Gallen was founded in the 7th century and is today considered the cultural and economic center of eastern Switzerland. The city lies on the main traffic axes (Munich-)St. Margrethen-Rorschach-St. Gallen-Winterthur-Zurich and (Konstanz-)Romanshorn-St. Gallen-Rapperswil-Lucerne and is considered the gateway to the Appenzellerland. The city is interesting for tourists because of the collegiate church and the collegiate library, included by UNESCO in the list of world cultural heritage. St. Gallen is also known for its embroidery. St. Gallen got its name from the wandering monk Gallus, which is why it is also called the city of Gallus.



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Since St. Gallen is located in the three-country corner (Germany, Austria, Switzerland), there are many inexpensive accommodation options here, as well as catering options. Unlike Zurich, Bern and Lucerne, St. Gallen is one of the cheapest cities in Switzerland and therefore also offers international participants an inexpensive stay in a beautiful environment.

### Food

In St. Gallen you can find takeaways, small restaurants as well as bigger chains at different prices. In the centrally located Marktgasse (5 minutes walking distance from the seminar locations), there are several take aways where you can find a sandwich, a bratwurst with bread, French fries and many more things for about CHF 6.00.

There are also Coop and Migros, where you can find very cheap food and everything else. Especially cheap is the Migros own brand M-Budget, as well as the Coop own brand Prix Garantie.

### Surroundings

In front of the imposing backdrop of the Alpstein massif with the Säntis lies the region of St.Gallen-Lake Constance in a hilly pre-Alpine landscape.

Here, contrasts combine to create a "strong" vacation offer: The city of St.Gallen with its abbey district, which has been elevated to a World Heritage Site, is a real tip for city trip fans. On the shores of Lake Constance from Rorschach to Altenrhein, the lake beckons with outdoor pools, water sports and exciting museums all about driving and flying. The rural surroundings of St.Gallen are a wonderful area for hiking and cycling, offering a constant view of the lake and mountains.

Rorschach is located directly on Lake Constance. It is the starting point for numerous excursion destinations in the Lake Constance region. For example, from here you can board one of the many scheduled ships of the White Fleet, which connect Rorschach with almost every Lake Constance port. The Lake Constance region between Rorschach and St.Margrethen is ideal for hiking and biking. The view of Lake Constance is particularly beautiful from the plateau above Goldach and Rorschacherberg. It extends from Untereggen eastward to the "Steinig Tisch" above the old mouth of the Rhine. Secluded ponds and moors as well as a number of stately castles characterize the picture of this beautiful stretch of land above the lake.



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## EVENT COORDINATORS

For questions and further information please contact us by phone or by e-mail at [info@thetahealingswiss.ch](mailto:info@thetahealingswiss.ch)

Matthias Wirth & Nicolas Wirth  
W-Cooperations GmbH  
Neudorfstrasse 8  
CH-9451 Kriessern  
Schweiz

[www.thetahealingswiss.ch](http://www.thetahealingswiss.ch)  
[info@thetahealingswiss.ch](mailto:info@thetahealingswiss.ch)  
+41 71 511 43 70