



**THETAHEALING SEMINARS  
 SWITZERLAND | BERNECK  
 DNA 4 LEHRER  
 8.-11. JULI 2024**

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## VENUE

The DNA 4 instructors seminar will take place from 8-11 July 2024 at the following location:

- Tobias wein.gut, Hinterburgstrasse 24, 9442 Berneck ([Google Maps](#))

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

- *Intuitive Anatomy Instructors (April 29 – May 23, 2024)*
- *Building Intuition Instructors (May 20-23, 2024)*

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

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

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

- *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)*
- *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)*



# THETAHEALING SEMINARS SWITZERLAND | BERNECK DNA 4 LEHRER 8.-11. JULI 2024

## HOW TO GET THERE

### Plane

Zurich Airport is approx. 1.5 hours away from Berneck by car or train. There is a train from the airport to Heerbrugg twice an hour. A bus runs from Heerbrugg to Berneck. The Zurich Airport railway 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 served by various airlines. You can travel with low-cost flights such as 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. You can find cheap flight offers at [ebookers.ch](http://ebookers.ch).

Alternatively, you can take a flight to Munich, from where there are trains to St. Gallen/Berneck with a journey time of approx. 3.5 hours.

### Train

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

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

### Car

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

Take the motorway exit Au and drive towards Berneck.

Here you can find the directions with [Google Maps](#).



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## ACCOMMODATIONS

Hotels in the surrounding area (by bus/car)

These accommodations are in the immediate vicinity of Berneck and can be reached by public transport in approx. 25-35 minutes or by car in approx. 5-10 minutes.

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/>

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

[www.airbnb.ch](http://www.airbnb.ch)

Hotels in St. Gallen (by train/car)

Berneck can be reached by public transport (train and bus). If you would like to stay overnight in St. Gallen, it would be possible to travel by train and bus every day (journey time approx. 45 minutes).

[Hotels in St. Gallen](#)



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## Hotels in Austria

These Hotels can **ONLY** be reached with a car (approx. 20-30min 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](#)

## SIGHT SEEING

### Sightseeing around Berneck

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

### Currency

Switzerland has Swiss francs (CHF) as its currency. Berneck 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](#).



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## 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.

## Berneck

Berneck is located in the Middle Rhine Valley in a protected valley bay where vines have been cultivated for over 1100 years. Due to the mild climate, there are of course also favoured residential areas in our municipality. The vineyard and forest belt around Berneck forms a popular recreational area for the entire region and neighbouring Vorarlberg. Berneck borders the St. Gallen municipalities of Au and Balgach as well as the Appenzell region with the municipality of Walzenhausen AR and the district of Oberegg AI. With around 3,900 inhabitants and an area of 5.6 km<sup>2</sup>, Berneck is a rather small but cosy municipality with a good overview. The lowest point is 404 metres above sea level in the valley, while the highest point is 719 metres above sea level on the border with Oberegg.

## EVENT COORDINATORS

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

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