



Are you going through a difficult phase in your life, in your marriage, at work? Do you want to experience a true stress relieve as well as a complete digital detox? Are you looking for your true self? Do you want to find your own way in life and understand yourself more? Are you feeling lonely?

Following our vision of "being together instead of staying alone", we invite you to

join our Life School

What is Life School about?

The Life School is about taking a break from your daily life. Its content is created upon the combination of physical, mental and spiritual work; the Life School is not a rehabilitation or hospital facility where an individuals' passiveness and self-responsibility are weakened.

How does it work?

Our philosophy is based upon an intention to live a simple life in connection with the nature. We cook for ourselves, we use fruits and vegetables that grows locally in our region, we take care of the castle and the garden around. We learn from and about the nature as well as ourselves. Every day we start with yoga, meditation or a meditative walk. Each day in the castle is a bit different but the principles we follow are still the same.

Whom is the Life School designed for?

Anyone from the age of 18. We invite applicants of all ages who are willing to experience and learn new things, who want to get rid of internal contradictions and who actively want to change detrimental behavioural patterns. We gladly accept applicants who want to be part of and nurture society and who are willing to bring in their ideas and experiences.

Requirements: health certificate

Whom is the Life School not designed for?

We cannot accept anyone, who is currently suffering from a disease requiring medical treatment (psychiatric or internist's). Our place is neither a psychiatric clinic nor a place treating addictions (e.g. drug or alcohol addiction).

We do NOT accept anyone who are dependent on any kind of medicine / drug.

What are the goals of the Life School?

At to the Life School you will learn how to take the responsibility for yourself and your happiness. The goals of the Life School are following

- overtaking responsibility for your own life
- being aware of your dreams and making them happen
- understanding the origin and "purpose" of disease, practising "health"

- transforming disorientation into orientation,
- discovering detrimental family patterns and removing them,
- discovering good family patterns and living them,
- strengthening your consciousness,
- nurturing your mental and physical health,
- working on your personal strengths and weaknesses,
- building up a spiritual relationship with yourself, nature and God,
- wanting to live and contribute in and to society.

What is my personal goal?

This is the question you need to ask yourself first and later to discuss with the therapist.

How long should I stay? When can I come?

Our castle and the Life School are open from the beginning of April till the end of October. We recommend that you stay with us for at least 3 months.

How much is the Life School?

Price: 600 to 1200 EUR per month (based on our agreement and your financial situation).

What is included in the price?

- Accommodation in a quadruple room
- Vegetarian food (the whole day food)
- Yoga and Meditation
- One to two personal therapy sessions weekly
- Free usage of the crystal bed
- Daily practical working therapy (depending on the chosen therapy and your individual needs)
- Theory part: principles of the nature, learning about chakra, nature, food, basics of yoga and meditation and health
- living the beautiful surroundings of the castle from the 12th century with own yard, garden and a park
- Simple life in a luxurious ambiente

General

No consumption of the alcohol or nicotine is allowed inside or outside our facilities, no drug consumption is tolerated (medical drugs included)

About us:

The Healingcastle Schochwitz is a refuge for people who ask for help and support, and a symbol of protection and love. Healingcastle Schochwitz invites all people to themselves, which will serve the universe and those whom embarked on the long, rocky road of self-discovery.

To make Healingcastle Schochwitz a peaceful place of life, spirituality and wisdom, Ingrid Straub-Zerfowski and Jim Welsh have agreed to live and dedicate their lives to this task.

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