

### **I went to the woods... to live deliberately. (Henry David Thoreau, 1845)**

#### **“THE KRANZBACH” is a place of tranquillity**

The magazine “Psychology Today”, popular science seismograph of social developments, in January 2007 created a headline: “Coming to rest”. This seems like a good resolution, not only at the beginning of a new year. Pieces of advice like the ones cited from Bernhard of Clairvaux, in the middle of the 12th century for Pope Eugene III, “How can you wholeheartedly be human, when you have lost yourself?...How long will you direct your attention to all other people, but not your own self?”, seem strikingly topical.

If holy Bernhard could watch our world today, the noisy and hectic lifestyle with all its requirements and demands, he would be more than just shocked. The growing complexity and the increasing pace of everyday life, the peeping and ringing of mobiles, printers and fax machines, time pressure, numerous meetings and tight schedules even in leisure time, put a strain on people and stress their nerves. In professional as well as private life, we feel like being trapped in an accelerating carrousel, helpless in trying to keep balance and at the same time looking for the emergency brake. Repose has become precious, almost an item of luxury in the last few years. Total peace and quiet. Without engine noise or clicking and humming computers, without the constant background music or the footsteps of the neighbours above...But where are the havens of tranquillity?

In convents for example. In fact, many of them offer shelter to people looking for peace. But the modest life behind these walls is not everyone’s cup of tea. Some people prefer a cosy room, a delicious meal and relaxing wellness-offers, which are all beneficial for bodily recreation and as a consequence also for the inner balance. Exercise in fresh air and a unique and beautiful environment help to deepen this feeling of inner balance and relaxation.

In the Bavarian Alps not far from Garmisch-Partenkirchen, “THE KRANZBACH”, which opened in May 2007, is a first-class hotel offering a maximum of peace and quiet to its guests. The hotel is situated on a huge sunny plateau in a romantic valley and surrounded by meadows, forests and mountains. It is only accessible over a private toll road. Time is not important there, but nature defines the rhythm of life. The stunning view of the amazingly close “Zugspitze”, Germany’s highest mountain, puts the dimension of one’s own problems into perspective. Thoughts clear in the fresh air, the mind sobers. Whoever engages in the treatment of “THE KRANZBACH”, will start to hear his/her inner voice again. In the middle of the amazing wonders of nature, hotel guests are well looked after by highly trained and certified therapists and beauticians. They guide them along the path towards their inner balance.

#### **Further Information:**

»The Kranzbach« Hotel and retreat in the mountains  
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#### **Awards:**

Top marks from Relax Guide 2021 - 4 Lillies and 20 Points; The most beautiful Wellness in Europe, according to Geo Saison 02/2019; Winner of the Wellness Aphrodite 2018 in the category, „Wellness-Hideaway“ and 2017 in the category „Wellness-Cuisine“; Winner of the Wellness-Heaven Awards 2017 in the category „Location“.in the category „Location“.