

## Imprint

Health Park Friedensberg · [www.rambarts.de](http://www.rambarts.de)

### Extension of the Baltic Sea terrace and Health Park Friedensberg in Ostseebad Sellin

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# Friedensberg

Health Park Friedensberg in Ostseebad Sellin





# Health Park Friedensberg

“Mens sana in corpore sano?”

“A healthy mind in a healthy body” says an Italian idiom which is the guiding theme of our Health Park Friedensberg – the place for rehabilitation and good health. Our trim trail for body, mind and soul has the goal to help finding inner peace. On three levels our visitors can remedy their body temple guided by information boards. Impressive natural stone stairs serve to connect the material world of the busy street Wilhelmstraße to the silent and protective health park, accessing the sphere of emotions. The “guided self-diagnosis with help of a power place” exists since 2007 and is of unique character.



**Health Park Friedensberg  
Ostseebad Sellin**

- health park
- trim trail
- Friedensberg

# Around the health park

## At the foot of mount Friedensberg

The health park reaches across the newly accessed and enlarged area around the spa administration of Sellin to mount Friedensberg (mount of peace).

1 Our sculpture "Clara" – designed by sculptor Thomas Jastram and named after the artist's model for the piece – welcomes our visitors in the northern part of our health park. She transports beauty, kindness and brightness, intuitively evoking a close connection between viewer and art piece. Our generous pergola with benches invites visitors to rest. Northeast from the spa administration, pathways guide you to the beautiful Baltic Sea terraces with benches and a cobbled hollow with seal stone sculptures, art objects and fantastic seating opportunities to rest.

2 Opposite the spa administration you find our generously greened courtyard with eye catching plantings setting beautiful accents, and a wall bench inviting guests to stay. The courtyard welcomes our visitors to the park and links to mount Friedensberg. You get to Friedensberg by using the promenade which is now connecting the streets Warmbadstraße and Hermannstraße.

3 The southern end of the Friedensberg is formed by a new square at street Hermanstraße, with benches and a beautiful pergola. The square invites you to relax and to look at the sculpture of artist Reinhard Buch. The piece, symbolising Sellin's merman spewing water, provides the place with its special character. All around Friedensberg you will find seats giving you the opportunity to rest.



4 A new playground in the northwest of the park with sandbox, spider net and roundabout provides fun for all children both young and old. From August-Bebel-Straße you can get to Friedensberg via nicely arranged forest paths.

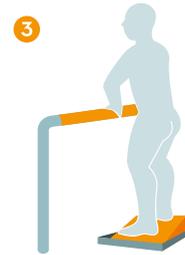
5 If you want to get to the park from Wilhelmstraße, use the broad new granit steps between the two buildings "Haus Lottum" and "Haus am Meer" which bring you right up to the promenade. At the bottom of the stairs you will find the sculpture "Martha" made by Thomas Jastram; a girl balancing on the globe. The sculpture draws attention to the characteristic centre that you find here. It connects the busy tourism axis of Sellin with the health park.



# Fitness outdoors

## "Being active surrounded by nature"

Following this motto, fitness stations along the promenade provide the opportunity to keep fit by training several body movements, suitable for both the young and the old. The trim stations are equipped with information boards which describe ergonomically correct exercises appropriate to age. A trim path especially for the young provides a climbing area and exercise course which helps to train sense of balance and stamina, as well as specific exercises for a full muscle work out improving the entire body fitness. Parallel to it runs a trim trail for elderly people with specially designed units helping to exercise balance, co-ordination and stamina.



### 1 Exercise Wheel

Seating height and position of the bench is aligned to the needs of elderly people. The bench provides special slots for safe placement of a walking frame.

### 2 Nordic Trainer

This trim station helps working out arm muscles and stamina by consistently moving the rods back and forth.

### 3 Rocking Board

By rocking back and forth on the board co-ordination and balance can be trained. The grip bar in front of the rocking board provides safety while working out.

### 4 Balance-Beam

The slightly raised tread tilts on both sides to enjoy a safe training of balance and co-ordination. Two grip bars parallel to the balance-beam provide safe use.

### 5 Arm Trainer

In several positions whether lying or sitting upper arm muscles can be trained by pushing the spring loaded handle up and down.

### 6 Sport Lane

With a maximal slope above wooden sleepers the sport lane helps boosting general fitness.

# Mount Friedensberg

## “Journey to the truth”

Druids, shamans and other initiates use power places, geomancers explore them and many people sense them – places with an extraordinary aura. They facilitate something which we desperately need: ease, balance and most of all the connection with our inner guidance which is of great importance especially in turbulent times. Geomancy and Radiesthesia make it possible to measure those peculiar places.

We invite you to experience unforgotten moments in harmony with nature; let go and explore the place with ease. Alternatively, chose specific life topics described hereafter which can be worked on on-site in the prevalent energy field. For those who are new to the subtle spirituality we offer personal tours. Whether alone or in groups, please do not hesitate to contact our staff at the spa administration by phone: +49 38303-160, or by email: kv@ostseebad-sellin.de.

### 1 Warden

A boulder watches the landscape temple Friedensberg (mount of peace), protecting you on your journey with its warden energy. Standing in front of an invisible gateway, you decide whether you want to enter. It is the entrance to a different world in which we change our way how we experience, feel and think. It invites you to free yourself from mundane problems and thoughts.

### 2 Orientation

This place helps you to find your purpose in life. Here you ideally discover your true talent. When getting lost on your journey, go see this place and realign. Just lean back on the tree and relax.

### 3 Great Desires

This site asks for your truly great desires and dreams in your life. Have you buried your dreams already? Look around. Which feelings and thoughts come to your mind? As this place relates to the moon it can show you your own rhythm.

### 4 Grounding and Family

Use this spot to ground yourself when you feel out of touch with reality. Here the forces of mother earth are at work, showing us how deeply connected we are to our family.

### 5 Path of Matter

This barrow symbolises “die and be”. The site is strongly connected to our job; hence it is also referred to as “burnout” point. Why do you work so much? What do you grudge yourself, or perhaps what do you grudge others?

### 6 Getting Involved

This spot stands for the variety and veiling of life, which is why inner doubts can emerge here. But as it is for anything there is a remedy to overcome those doubts by getting involved with the unfamiliar. Allow it to flow. “Panta Rhei” said Heraklit, “everything flows”.

### 7 Challenge

In the middle of the stairs you are facing a great challenge, you can turn back and go to familiar grounds or you step up and go further. Thereby the way up represents your mental development.

### 8 Ego

This spot confronts you with a mysterious 3 by 3 stone cube. The cube symbolises your ego, your pseudo soul. What do you know about it? What do you feel here; power or lack of power and control? Who determines your life? Touch the stone or go round it; what does that do to you?

### 9 Beauty

At this place you encounter your own radiance and beauty. Please remember here all the things you have already achieved. It might energise you on your way.

### 10 Oracle

The well symbolises an oracle. The surface of the deep water reflects the world. Here you can get signs. It is about learning to see the signs again which we are getting constantly and to build trust in them. There is “higher guidance”.

### 11 Pleasure and Joy

This spot is about enjoyment of life. Venus’ powerful energy gives you the sense of sociability, joy and fun, and opportunities to share those feelings with others.

### 12 Letting Go

Here you can let go of thinking. It is about to not always want to understand everything. Simply be here and watch the clouds. It is about getting a burden taken off and feeling much lighter. Hence, this place can resolve back problems.

### 13 Willpower

This obelisk stands for your willingness to get it your way. The energy is strongly connected to aspects of power and conflict. Here you can find out your point of view.

### 14 Prudence

This place is about justified power and cleverness. The spot shows through its symbol that mostly there are more strengths necessary than one, in order to keep a situation (here the ball) in balance. Please take your time, listen to your conscience to separate the good from the bad.

### 15 Harmony

Having covered all other spots, you can now find out whether you are in peace with yourself. Equivalent to this is the deep sense of harmony. The horn invites you to announce it to all – you are willing to make changes in life.

### 16 Wisdom

This spot is characterised by the sense of the true spirit. The obelisk points to the sky, to the direction of inspiration. The Friedensberg is open to the sky as no branch obstructs the view. Here you discover your wisdom; here you find your inner balance.