

*Cultural activities:*

*Concerts, Courses, Lectures ...*

During your stay in the Centro, you will find many cultural activities on offer. These consist of concerts, lectures, conversation evenings, fairy tales, poetry and much more. Often there are courses and seminars. The celebration of the yearly festivals enjoys special attention in our programme.

Group activities, such as eurythmy, painting and walking appear regularly on our agenda

Most of the cultural activities are in German.

If you would like to share an interesting rendition, please do not hesitate to phone or mail us.

*"I would like to draw upon the harmony of the earth to unite it with my feeling for art"*  
*(César Manrique)*



During the holiday periods a child-care service is available, so that parents can have time for themselves, but simultaneously have assurance that their children are in good hands.

The Centro has a WLAN and a "Hot-Spot" in designated areas of the complex. This is available to guests free of charge and gives them access to the Centro's ADSL & Internet-Server. Additionally, three internet computers are also available.

*Finca Lomos Altos:*

*Vacation in rural idyll*

Guests seeking seclusion and peace, will find it at our

**FINCA LOMOS ALTOS**

This property lies in the midst of the landscape about 3km (under 2 miles) from the sea and the Centro. It has a stunning view of the volcanic mountain chain in the west along with the sea and the nearby islands.

It comprises 5 houses with 15 holiday apartments situated on 3 hectares (7.5 acres) of cultivated land. Accommodation is possible in single rooms, studios, apartments or a holiday house. A visit to the Finca means you choose to be isolated from unnecessary traffic and noise. When you have absorbed enough silence, you can reach the Centro, the beach, or lively Puerto del Carmen in a matter of minutes.



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**Facebook** Centro de Terapia Antroposófica english



**Centro de Terapia Antroposófica**

*The Therapy-, Vacation-  
and Cultural-Centre  
on the sunny volcanic island of  
**LANZAROTE***

*where you can enjoy the  
mild climate and abundant  
sunshine the whole year long*

### The Centro:

## Strengthen the life forces in light, air, sun and sea ...

Sunshine and warmth make Lanzarote an ideal place the whole year round for guests who are seeking recuperation and convalescence or simply want a relaxing holiday.

Thanks to the fresh trade winds, the summer temperatures only seldom rise above 32° Centigrade (90 Fahrenheit). In the winter months, due to the position of the sun, (28 degrees latitude) the temperature climbs to around 20° Centigrade (68 Fahrenheit). Hence it is possible to enjoy spring weather and swim in the sea even during the winter months. In February and March the wild plants become green and blossom almost as far as the peaks of the volcanic mountains.

The sub tropically planted complex, lies only about 800m from golden sandy beaches. The beaches in Puerto del Carmen are wide, flat, and safe for children. The rocky coast can easily be reached on foot in about 20 minutes.



### Green - Shop

Guests, who wish to cater for themselves, will find everything they need in our organic shop. Organic bread and pastries are hand made by our baker, organically grown fruit and vegetables are obtained from Gran Canaria. All other organic food is imported. Our organic shop has been adapted to meet all the wishes and needs of the guests.

**A quiet oasis** on the periphery of the touristic nucleus of Puerto del Carmen: At the Centro you can simply enjoy a holiday, you can take part in the numerous cultural activities and / or according to your needs, take advantage of the medical treatments on offer - in all cases, you can be assured that you have selected an ideal location.

You can stay in a 2 room apartment: living area with kitchen, bedroom, bath with WC and terrace. Single rooms and apartments with 2 bedrooms are also available. The ground floor comprises apartments free from steps or similar barriers which are thus easily accessible with wheelchairs.

### Heated Pool:

Our small spa pool is not only a pleasant and healing environment for many ailments; it is also a quiet place to relax. Float and enjoy seawater warmed to a pleasant 34° Centigrade (93 Fahrenheit).



### Restaurant

Our restaurant "Tamarindos" offers a rich variety of vegetarian meals, but of course also dishes including fish or meat. You can begin the morning with a selection from the sumptuous breakfast buffet. At midday, smaller dishes including Tapas, stews, salads or soups are on offer. "Half board" consists of the breakfast buffet and a 4 course evening menu. Our cook would be pleased to take your personal needs into consideration.

### Our Therapy Centre:

## Nature assists health

Black fissured lava and intensely bright sunlight or the main contrast of the island; the clear sea (18 - 24° Centigrade or 75 Fahrenheit) is rich in marine life and the refreshingly clean air is in constant movement thanks to the trade winds. In Lanzarote you can experience the elements in the highest degree of purity and intensity, and each unfolds their own invigorating power.

The elemental, earth and atmospheric forces of the island, undoubtedly exert a stimulating effect on the body, however they can also activate the soul and enhance lively and creative.

Our remedial programmes harmonise the medical and therapeutic activities with the unique nature of this volcanic island. The complementary effects of the healing climate of Lanzarote in combination with the specific treatments available at the Centre are particularly suited to:



- Skin diseases (Neurodermitis, Psoriasis)
- Chronic illness of the respiratory system (Asthma)
- Chronic diseases of mobility (rheumatic origin)
- Nervous illnesses (Depression, Exhaustion, MS and psychosomatic illnesses)
- Convalescence after operations, cancer treatment etc.

*„The direct contact of my skin with the rocks of this unadulterated nature, gives me the strength and the energy of my life“.*

*(César Manrique)*