Arnold Rikli, začetnik naravnega zdravilstva, je svojo vizionarsko pot pričel na Bledu

Arnold Rikli, the pioneer of natural healing, began his visionary journey in Bled

1855

Poln optimizma se z vso družino preseli na Bled in ob jezerskih vrelcih v preprosti zdraviliški ustanovi, ki jo najame od starega Mallnerja, prične z naravnim zdravljenjem.

Full of optimism, Arnold Rikli moves to Bled with his whole family. At the springs of Lake Bled he begins treating spa guests using his natural methods in a simple spa building which he rents from the old Mallner.

1855

V zimski sezoni prvič in tudi zadnjič promovira zdraviliško prakso na Bledu, saj mu huda blejska zima že prvo leto pokaže ostre zobe.

In the winter season, Arnold keeps his sanatorium open for the first, and for the last time, as the harsh alpine winter proves to be quite a challenge.

1859

Rikli prične živeti striktno po vegetarijanskih načelih in jih strogo spoštuje vse do leta 1878.

Arnold begins to follow rigorous vegetarian principles and sticks to them until 1878.

1865

Pogumno promovira prvo svetlobno zračno postajo nad Poljšico pri Gorjah in tudi ostale svetlobno zračne parke v blejski okolici ter uradno prične z atmosferskim zdravljenjem.

He fervidly promotes the first light-and-air station above Poljšica near Gorje, as well as the other light-and-air parks in the surroundings of Bled, and officially begins practising atmospheric treatment.

1869

Rikli ustanovi t. i. četo krepostnikov, ki s spornim javnim razgaljanjem človeškega telesa poživljajoči svetlobi revolucionarno posežejo v do tedaj mirno in bogaboječe življenje preprostih domačinov.

Arnold sets up the so-called »Troop of Strong Men«, which shakes the God-fearing and peaceful life of the local people by »shamelessly« exposing the human body to invigorating light in the great outdoors.

1869 – 1873

Testira prvo zračno uto na Bledcu, gričku nad farno cerkvijo, ter v zimski sezoni prične z zdraviliško prakso v Meranu, kasneje tudi v Firencah ter v Griesu pri Boznu.

Arnold tests his first air hut on Bledec, a hill above Bled's parish church, and in the winter season begins a spa practice in Meran and later in Florence and Gries near Bozen.

1873

Svečano najavi odprtje prve kolonije zračnih ut ob Blejskem jezeru in odkupi Gostilno pri Ilku v Gradu, št. 47.

Arnold Rikli announces the opening of the first air hut colony at Lake Bled and purchases the Ilk Inn at No. 47 in the hamlet of Grad.

1895

Luč sveta ugleda nov zdraviliški salon (t. i. Kursalon, Speisehaus ali Kurhaus) pod blejsko cerkvijo.

Opening of the new spa salon (Kursalon, Speisehaus or Kurhaus in German) near the parish church in Bled.

1899

Rikli zaključi izgradnjo nove kopališke zgradbe (t. i. Kurbada) na mestu današnje Kavarne Park, dokonča tudi Vilo Rikli ter prvih šest zračnih ut na zgornjem platoju.

Arnold Rikli completes the construction of a new bathing facility (Kurbad in German) on the site of today's Cafe Park, as well as construction of Villa Rikli and the first six air huts on it's upper level.

1901

VILLA
RIKLI

Zgradi še dodatnih šest zračnih ut ob Vili Rikli, kar tedaj predstavlja skupaj 44 ut v dveh kolonijah.

Arnold builds six additional air huts at Villa Rikli, making a total of 44 huts in two colonies.

1904

Ob 50-letnici obstoja blejskega zdraviliškega zavoda Riklijevi privrženci po osnutku doprsnega kipa, ki ga je leta 1903 zmodeliral kipar Wildbürger, izdajo bronasto spominsko kolajno, spominski spis ter Rikliju skupaj z njegovimi sinovi postavijo spomenik na Straži.

On the 50th anniversary of the exsistence of his sanatorium in Bled, Rikli's supporters issue a bronze commemorative medal with a memorial inscription based on the design of a bust modelled in 1903 by the sculptor Wildbürger, and together with his sons also create a memorial on the Straža hill.

»Nobena pomladitev telesa se ne more zgoditi brez pomoči zraka, svetlobe, vode, primerne diete in gibanja: ne moremo si kupiti zdravja v lekarni.«

“No rejuvenation of the body can happen without the help of air, light, water, appropriate diet and exercise: we cannot buy health at the pharmacy.”

Arnold Rikli, Bled 1881

Zapis iz angleške knjige Psihoterapevtska vodna ustanova Arnolda Riklija – Zdravljenje kroničnih bolezni na Bledu

Quote from the English book Psychotherapeutic water institution of Arnold Rikli - Treatment of chronic diseases in Bled

Arnold Rikli je eden največjih pionirjev naravnega zdravljenja. Nedvomno je bil med prvimi ponudniki organiziranega zdraviliškega turizma na Bledu in tako tudi pripomogel k svetovni prepoznavnosti kraja.

Arnold Rikli is one of the greatest pioneers of natural healing. He was undoubtedly one of the first providers of organised health turism in Bled, and thus contributed greatly to the global recognition of the place.

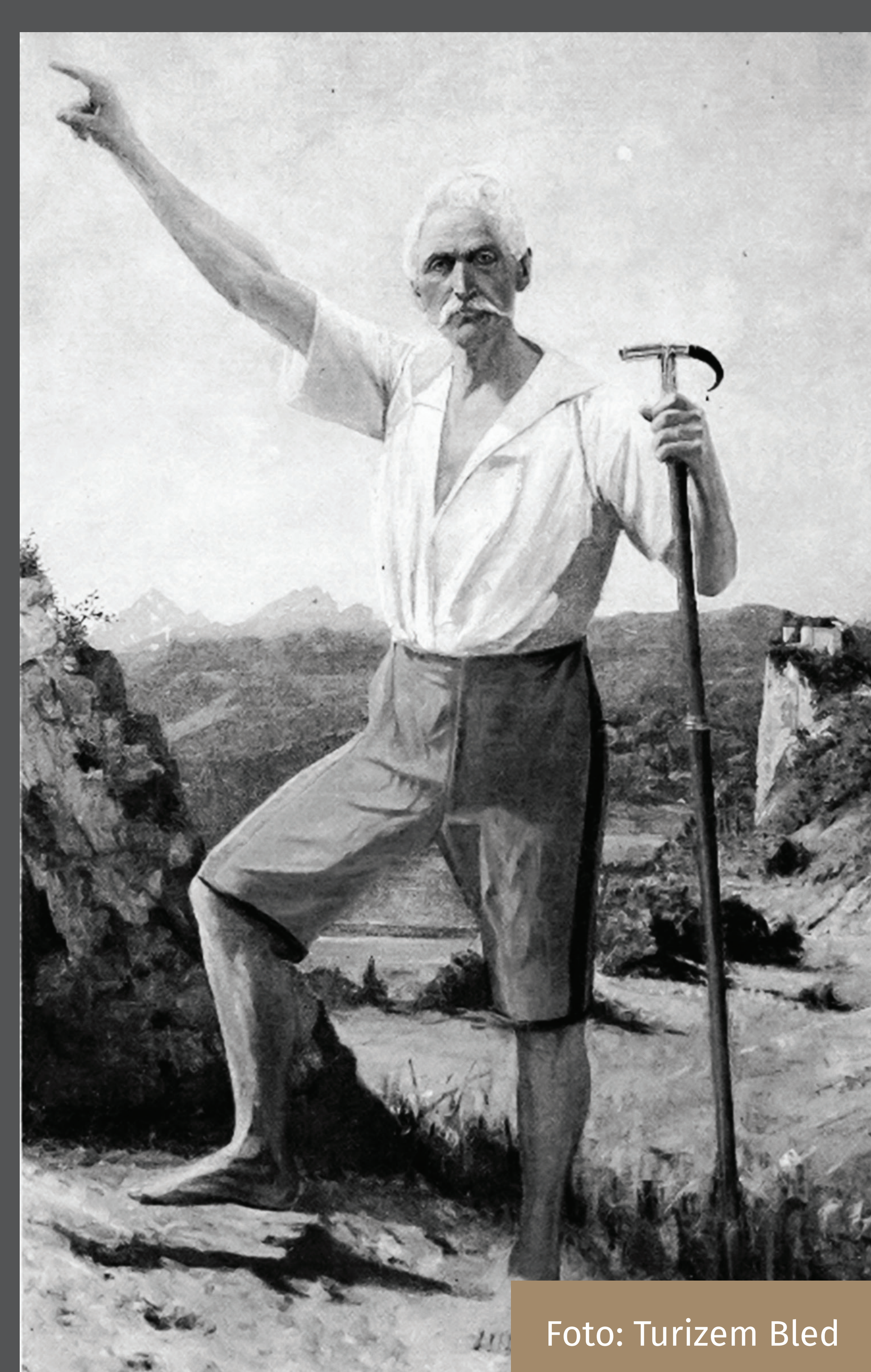

Foto: Turizem Bled