

KRALLEHOF

Sleep &  
Regeneration

FROM 6<sup>TH</sup> TO 10<sup>TH</sup> OKTOBER 2024



# RETREAT PROGRAM

## SUNDAY TO THURSDAY

### Sunday: Arrival and check-in

From 3.00 pm: A warm welcome and check-in at the Hotel Krallerhof

5.00 pm: Welcome and introduction by Michaela Altenberger.  
Get to know the basics of a good night's sleep and make preparations for the first night

7.30 pm: Dinner together

### Monday: What can I contribute to a good night's sleep?

Focus: Activities

8.00 am: Start the day with a breathing session for better regeneration

After breakfast: Vitalising walk together

The biohacking toolkit: what you can use exclusively at the Krallerhof.

Then time for individual treatments  
(IHHT sessions / cold chamber / red light)

5.00 p.m.: In-depth study of the science and practice of sleep

6.30 pm: Dinner together

8.30 pm: Regeneration in the wellness area

### Tuesday: How does my body influence my sleep? Focus: Breath

08.00 am: Start the day with a breathing session for better regeneration

After breakfast: Keynote - in-depth regeneration and breathing

Time for individual treatments (IHHT sessions / cold chamber / red light)

5.00 pm: Sauna and infrared together for regeneration

6.30 pm: Dinner together

8.30 pm: Breathing session for a good night's sleep

**Wednesday:** How do I organise my day to get a good night's sleep? Focus: Sound

08.00 am: Morning rituals that ensure a good night's sleep

After breakfast: sun exposure vs. chronotype (optional test)

Individual treatments (IHHT sessions / cold chamber / red light)

5.00 pm: Biohacking lecture: Sound and sleep

6.30 pm: Dinner together

8.30 pm: Yoga session with sound meditation

**Thursday:** How do I apply what I have heard and learnt to my daily life?

8.00 am.: Final morning activity - consolidating what has been learnt

After breakfast: Final workshop - anchoring the experiences and knowledge in your own routine

1.30 pm: Lunch - Reflection on the time spent together

Individual journey home

## PRICE

Early bird (until 8<sup>TH</sup> September) € 2.692 | Regular price € 2.991