

KRALLERHOF

Longevity  
& Biohacking

20<sup>TH</sup> – 24<sup>TH</sup> OCTOBER 2024

WITH MAX GOTZLER  
AND ANDREAS BREITFELD



# Longevity & Biohacking Retreat at Krallerhof

DISCOVER THE KEY TO A FULFILLED LIFE OF VITALITY AND WELL-BEING.

Location: Hotel Krallerhof, a place of peace and regeneration | Date: 20<sup>th</sup> to 24<sup>th</sup> October 2024

At a time when the desire for a long and healthy life is constantly increasing, we are asking ourselves these fundamental questions: How can we extend our healthy years so that they match our lifespan for as long as possible?

The Longevity & Biohacking Retreat at the picturesque Hotel Krallerhof is dedicated to these essential questions of life. Our approach is profound and personalized, with the aim of not only preventing illness, but also taking your well-being to a new level.

Our holistic program focuses on four pillars of longevity: strength and agility, nutrition, sleep and emotional health. We not only provide you with the necessary knowledge, but also practical tools to:

- Discover the optimal form of exercise that offers real benefits for your health.
- Improve the quality of your sleep without falling into the trap of compulsive monitoring.
- Use nutritional supplements wisely that make a real difference to your wellbeing.
- Boost your emotional health to have a positive effect on other areas of your health.
- Learn about key external factors such as heat, cold, light and oxygen. These are not only responsible for the origin of life on earth, but also significantly control our longevity.

## THIS RETREAT IS FOR YOU IF YOU:

- Want to discover the latest biohacking technologies.
- Want to develop better routines for a long & healthy life.
- Enrich your diet with high-quality supplements.
- Want to recharge your batteries in a power place in nature.
- Experience deep relaxation through breathing exercises, sound healing and meditation.
- Receive professionally supervised tests to determine your health status.
- Want to make new connections with like-minded people.

## AT THIS RETREAT YOU WILL EXPERIENCE AND LEARN:

- How to use biohacking methods and tools to improve your mental and physical performance, sleep, nutrition and recovery.
- Understanding how your body works on a cellular level to optimize your health and longevity.
- Increase your energy through effective breathing techniques that boost your concentration and vitality.
- Discover the power of superfoods and medicinal mushrooms such as Chaga and Reishi.
- Try out biohacking technologies such as red light therapy and cold chamber.

# RETREAT PROGRAMM

## SUNDAY TO THURSDAY

### Sunday: Arrival and getting in the mood

3.00 pm: Arrival and a warm welcome.  
Check in to sleep-optimized rooms.

5.00 pm: Welcome round by Michaela Altenberger, Andreas Breitfeld and Max Gotzler. Presentation of the retreat concept and discussion of individual goals.

7.30 pm: Dinner

### Monday: Basics of longevity

8.00 am: Morning rituals: yoga and breathwork to promote mental clarity and physical vitality.

10.00 am: Workshop: „The Science of Longevity“ - Optional: Creating personalised longevity plans based on previously collected data.

Afternoon: Individual health analyses and treatments (IHHT, cold chamber, red light therapy, IV therapy).

5.00 pm: Group activity: „Connecting and sharing“ - sharing experiences and promoting a sense of community.

8.30 pm: Guided evening relaxation and meditation.

### Tuesday: Body and mind in harmony

8:00 am: Morning ritual and workshop: „Optimising body and mind“ with Max Gotzler and Andreas Breitfeld. Insight into biohacking technologies and their treatments.

Afternoon: Practical sessions focussing on mental health.

5.00 pm: Introduction to the importance of rituals and their influence on well-being.

8.30 pm: Yoga and sound healing session to encourage deep relaxation.

### Wednesday: Connection with nature

8.00 am: Nature-related activities: Hike, lake bathing and grounding exercises in the surroundings of the Krallerhof.

Afternoon: Workshops on nutritional strategies and the use of superfoods and medicinal mushrooms for longevity.

5.00 pm: Outdoor breathing workshop to improve regeneration and stress management.

8.30 pm: Shared campfire and exchange: discussion about the journey to personal optimisation.

## Thursday: Integration and conclusion

8.00 am: Morning activity: Consolidation of what has been learnt through a guided meditation and reflection.

10.00 am.: Final workshop: „Integrating what you have learnt into everyday life“ - developing practical tips and strategies for yourself

1.30 pm: Closing ceremony: lunch, reflection and farewell.  
Collecting feedback and testimonials.

## SPECIAL FEATURES:

**Personalised approaches:** Through pre-collected data and individual health analyses, each participant is offered a tailored plan.

**Transformative experiences:** By integrating yoga, breathwork and cultural elements, the programme becomes a holistic experience.

**Community and exchange:** Group activities and joint sessions promote exchange and a sense of community.

**Expert knowledge:** Workshops and lectures by Michaela Altenberger, Andreas Breitfeld and Max Gotzler, including practical treatments of biohacking technologies.

## INCLUDED SERVICES:

- 4 nights incl. breakfast, afternoon snack and dinner
- Breakfast until 11:30 am: healthy, varied and local  
Snack time in the afternoon: soups, hearty snacks, fresh cakes  
Five-course evening menu: daily culinary highlight
- Workshop and lectures by experts
- Presentation and testing of supplements and other biohacking products
- 2x cold chamber treatments
- 2x red light treatments
- 1x IHHT

## PRICE

from € 2.900 in a double room

# Our experts

## MAX GOTZLER



Max Gotzler, former competitive athlete and founder of Flowgrade, is a leading figure in German-speaking biohacking and an expert in peak performance. With an academic background in psychology and economics, Max combines scientific knowledge with practical strategies to help people reach their full potential. Through his books „Biohacking - Optimise Yourself“, „The Daily Biohacker“ and „The Flow Journal“, as well as regular contributions to FOCUS magazine, he shares his extensive knowledge of self-optimisation and flow states. With Flowgrade, he offers a platform that provides products, knowledge and a community for anyone who wants to embark on a journey of personal transformation and self-optimisation.

## ANDREAS BREITFELD

Editor, fitness instructor, marathon runner, father of two daughters, founder and CEO of a successful PR agency, then burnout and now professional biohacker, author and podcaster Andreas Breitfeld's journey through life proves that many paths lead to the same goal.

