

KRALLERHOF

Longevity & Biohacking

20TH TO 24TH OCTOBER 2024

WITH MAX GOTZLER AND
ANDREAS BREITFELD



Longevity & Biohacking Retreat at Krallerhof

DISCOVER THE KEY TO A FULFILLING LIFE
BRIMMING WITH VITALITY AND WELL-BEING.

Location: Hotel Krallerhof, a haven of tranquility and rejuvenation

Date: October 20-24, 2024

In a time when the desire for a long and healthy life continues to grow, we find ourselves asking these fundamental questions: How can we extend our years of good health so that they closely match our lifespan? And how can we infuse our daily lives with more energy and vitality?

The Longevity & Biohacking Retreat at the picturesque Hotel Krallerhof is dedicated to exploring these essential questions. Our approach is profound and personalized, aiming not only to prevent illness but to elevate your well-being to a whole new level.

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

- Discover the optimal form of movement that provides real health benefits.
- Improve your sleep quality without falling into the trap of obsessive tracking.
- Use supplements wisely, making a meaningful impact on your overall well-being.
- Strengthen your emotional health to positively influence other areas of your health.
- Learn about key external factors such as heat, cold, light, and oxygen. These elements, not only essential for life on Earth, also play a significant role in influencing our longevity.

THE LONGEVITY & BIOHACKING RETREAT IS FOR YOU IF YOU:

- Want to explore the latest biohacking technologies.
- Are looking to develop better routines for a long and healthy life.
- Wish to enrich your diet with high-quality supplements.
- Seek to recharge in a powerful natural setting.
- Desire to experience deep relaxation through breathwork, sound healing, and meditation.
- Would like to receive professionally guided tests to assess your health status.
- Want to connect with like-minded individuals and form new connections.

DURING THIS RETREAT, YOU WILL EXPERIENCE AND LEARN:

- How to use biohacking methods and tools to enhance your mental and physical performance, sleep, nutrition, and recovery.
- An understanding of how your body functions at the cellular level, helping you optimize your health and longevity.
- How to boost your energy through effective breathing techniques that improve focus and vitality.
- Discover the power of superfoods and medicinal mushrooms like Chaga and Reishi.
- Experience biohacking technologies such as red light therapy and cryotherapy firsthand.

RETTREAT PROGRAM

SUNDAY TO THURSDAY

Sunday: Arrival & Preparation

5:00 PM: Welcome and introduction by Michaela Altenberger, Max Gotzler, and Andreas Breitfeld. Presentation of the retreat concept and discussion of individual goals.

7:30 PM: Group dinner

Monday: Focus: Mikrobiome

8:00–9:00 AM: Hatha Yoga with a focus on breathwork led by Daniela

9:00–10:30 AM: Group breakfast

10:30 AM–12:00 PM: Lecture by Simone Kumhofer
„Optimizing Health and Performance: A Focus on the Microbiome“

12:00–5:00 PM: Time for treatments or personal relaxation

2:00–4:30 PM: Individual lunch

5:00–7:00 PM: General analysis of microbiome results
and Q&A session with Simone Kumhofer

7:00 PM: Group dinner

8:30 PM: Sound relaxation session

Tuesday: Focus: Biohacking & Physical health

8:00–9:00 AM: Outdoor breathing session with lake bathing
led by Max Gotzler

9:00–10:00 AM: Group breakfast

10:00 AM–12:00 PM: Lecture by Andreas Breitfeld
„Biohacking technologies“

12:00–5:00 PM: Time for treatments or personal relaxation

2:00–4:30 PM: Individual lunch

5:00 PM: Workshop with Max Gotzler
„Flow and Longevity: How daily routines boost your energy and quality
of life“

7:00 PM: Group dinner

Wednesday: Focus: Mental health & Longevity

8:00–9:30 AM: Nature-connected activities

9:30–10:30 AM: Group breakfast

10:30 AM–12:00 PM: Lecture by Michaela Altenberger
„How Do I Regulate Myself?“

12:00–5:00 PM: Time for treatments or personal relaxation

2:00–4:30 PM: Individual lunch

5:00–7:00 PM: Lecture by Norbert Samhammer, CEO of foryoueHealth
„Longevity – a long and healthy life – the state of research and a personal journey“

7:00 PM: Group dinner

Thursday: Focus: Breath

8:00–9:00 AM: Breathwork session with Julian Gunkel

9:00–10:00 AM: Group breakfast

10:00 AM–1:30 PM: Extended breathwork with Julian Gunkel

2:00 PM: Optional group lunch

Individual departures

KEY FEATURES:

Personalized Approaches: Each participant receives a tailored plan based on pre-collected data and individual health analyses.

Transformative Experiences: By integrating yoga, breathwork, and cultural elements, the program offers a truly holistic experience.

Community and Connection: Group activities and shared sessions foster connection and a strong sense of community.

Expert Knowledge: Workshops and lectures from Michaela, Andreas, and Max, including hands-on application of biohacking technologies.

INCLUDED SERVICES:

- 4-night stay including breakfast, afternoon snacks, and dinner
- Breakfast until 11:30 AM: healthy, diverse, and locally sourced
- Afternoon snack time: soups, savory snacks, fresh cakes
- Five-course dinner: a daily culinary highlight
- Workshops and lectures from industry experts
- Presentation and testing opportunities for supplements and other biohacking products
- „OMNi-BiOTiC Scan“ test kit
- 2 cryotherapy sessions
- 2 red light therapy treatments
- 1 IHHT (Intermittent Hypoxic-Hyperoxic Training) session

Our Experts for This Retreat



MAX GOTZLER

Max Gotzler, a former elite athlete and founder of Flowgrade, is a leading figure in the German-speaking biohacking community and an expert in peak performance. With an academic background in psychology and economics, Max combines scientific insights with practical strategies to help individuals unlock their full potential. Through his books „Biohacking – Optimierte dich selbst“, „Der tägliche Biohacker“, and „Das Flow Journal“, as well as his regular contributions to FOCUS magazine, he shares his extensive knowledge on self-optimization and flow states. Flowgrade offers a platform that provides products, knowledge, and a community for anyone embarking on the journey of personal transformation and self-improvement.

ANDREAS BREITFELD

Editor, fitness trainer, 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 life journey proves that there are many paths to success.



SIMONE KUMHOFER

Simone Kumhofer, BA, BSc., MSc., is regarded as the leading expert in the field of the microbiome. Her extensive expertise and passion for this fascinating subject are unmatched. In her lecture, Simone delves into the profound connections of the gut-brain axis, showing how our gut influences key physiological functions and overall health. She explains how the gut not only regulates the immune system—about 80% of which originates in the gut—but also plays a significant role in chronic conditions like obesity, diabetes, and neurodegenerative diseases.

Each retreat participant will receive an individual microbiome analysis, providing detailed insights into the composition of microorganisms in the gut. This analysis identifies potential imbalances or harmful pathogens and serves as the foundation for personalized health measures. The retreat concludes with a one-on-one Q&A session, where Simone reviews the analysis and offers tailored health recommendations upon request.

JULIAN GUNKEL

Breathwork coach and physiotherapist with my own practice

I combine functional perspectives of therapy and breathwork to promote both physical and mental health, as well as stress resilience. With a holistic approach, we find support in rehabilitation and performance enhancement.

