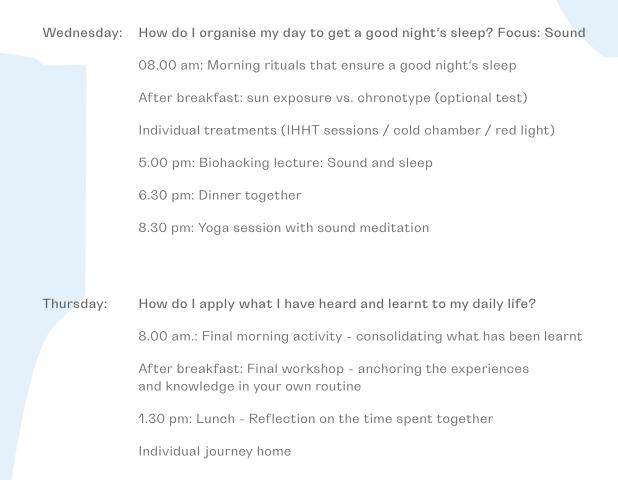
Sleep & Regeneration

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FROM 6TH TO 10TH OKTOBER 2024

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



PRICE

Early bird (until 8TH September) € 2.692 | Regular price € 2.991