

You are successful, yet there's a longing far deeper fulfillment and inner peace. This retreat invites you to step back from the daily grind, reconnect with your inner self, and explore a holistic path to well-being.



Retreat Highlights

Sacred Rituals Engage in SilberQuarzit® meditations and incense ceremonies to cleanse and rejuvenate your spirit.

Mindful Practices Discover breathwork and somatic healing to release blockages and foster inner harmony.

Nature Immersion Use the secluded beauty of vigilius mountain resort as a sanctuary for reflection and growth.

Personal Guidance Benefit from personalized sessions with Kornelia to align with your true purpose.

Retreat

Kornelia Schwitzer, founder of the SilberQuarzit® Experience, combines ancient Alpine traditions with modern holistic practices to create transformative healing rituals through the power of nature.

