

January

28th

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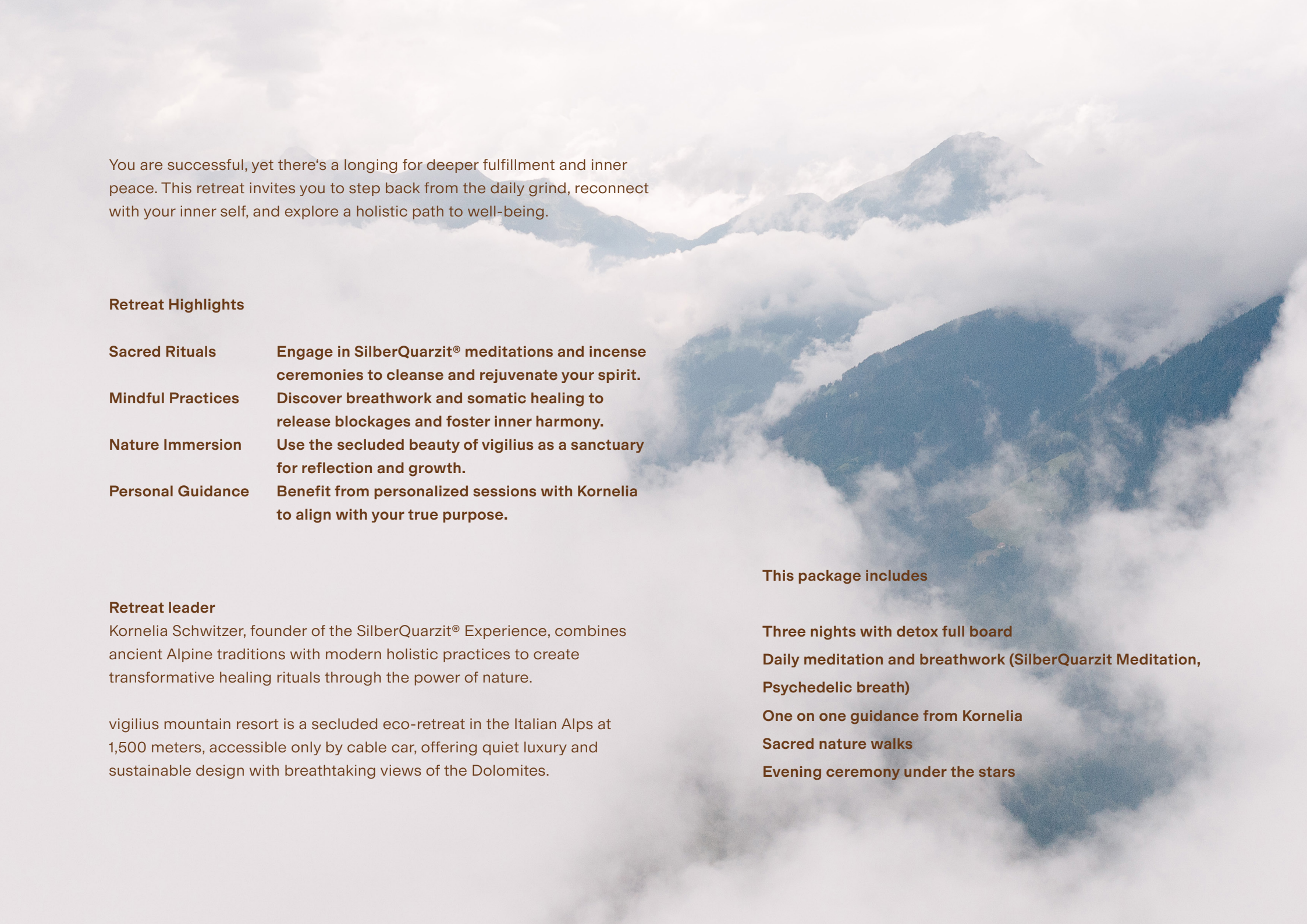
2025

Inner

Guidance

Retreat

vigilius
mountain
resort



You are successful, yet there's a longing for 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 as a sanctuary for reflection and growth.
Personal Guidance	Benefit from personalized sessions with Kornelia to align with your true purpose.

Retreat leader

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.

vigilius mountain resort is a secluded eco-retreat in the Italian Alps at 1,500 meters, accessible only by cable car, offering quiet luxury and sustainable design with breathtaking views of the Dolomites.

This package includes

- Three nights with detox full board**
- Daily meditation and breathwork (SilberQuarzit Meditation, Psychedelic breath)**
- One on one guidance from Kornelia**
- Sacred nature walks**
- Evening ceremony under the stars**