

## Regeneration Medically Supervised Fasting

November 3 – 8, 2026

“Fasting is more than abstinence  
- it is a conscious decision  
to let go.”

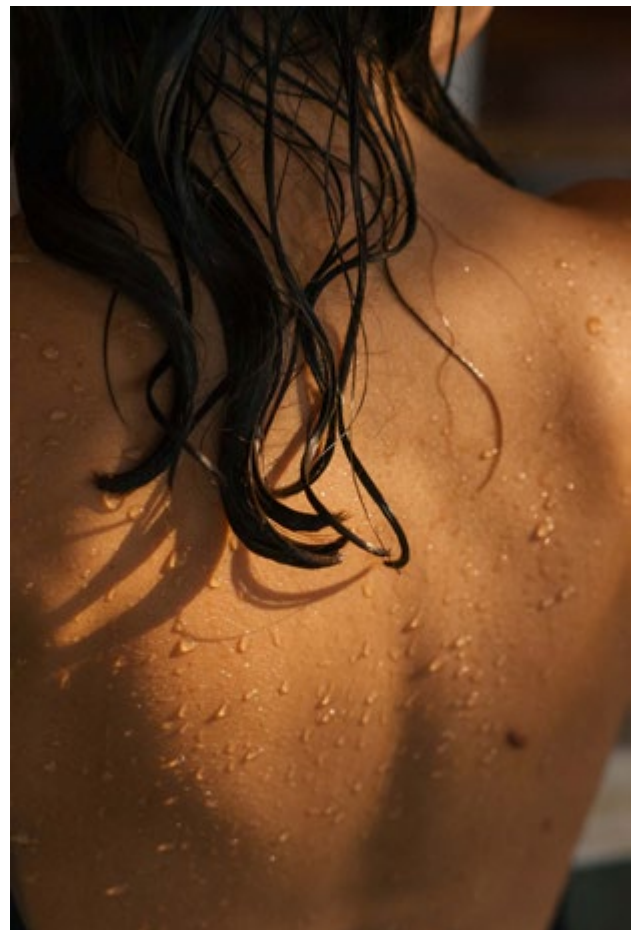
Dr. Koppold

A multi-day fasting retreat as part of the vigilius Longevity approach, guided by Dr. Daniela Koppold (Charité Berlin), fasting physician and expert in preventive medicine, Carolin Breinlinger, nutritionist, Selina Hofer, business psychologist and coach, and osteopath Elisa Piaia.

A time to let go — of consumption, habits, overloaded days, and the feeling of constantly having to function. In the stillness of Vigiljoch, the body is consciously relieved, regeneration processes are activated, and space is created for new clarity and intentional direction.

The days follow a clear and mindful structure of movement, rest, and inspiring content. Yoga, guided hikes, liver compresses, osteopathic treatments, and moments of silence accompany the fasting process, creating a holistic approach to health and sustainable energy.

The program combines medical expertise, nutritional guidance, coaching, and bodywork — offering impulses that extend far beyond the time spent at vigilius.



## Regeneration



### **Dr. Daniela Koppold**

Fasting physician and expert in preventive medicine. She medically guides participants throughout the fasting process and shares current knowledge on fasting, regeneration, and longevity.

### **Carolin Breinlinger**

Nutritionist specializing in plant-based nutrition, refeeding after fasting, and sustainable health practices.

### **Selina Hofer**

Business psychologist and coach. She accompanies the retreat with coaching sessions and impulses on letting go, mental clarity, and positive psychology.

### **Elisa Piaia**

Osteopath with a holistic approach to body awareness and posture. Through targeted treatments, she supports the release of tension and helps realign the body.

### **Program & Highlights**

- Medically supervised fasting
- Daily medical check-ins and personal consultations
- Yoga, morning movement, and mindful exercise in nature
- Guided hikes and forest bathing at Vigiljoch
- Coaching sessions and impulses on mental well-being
- Talks on nutrition, longevity, and regeneration
- Osteopathic treatments (available at an additional cost)
- Liver compresses, spa time, and individual rest periods
- Breaking the fast and mindful reintroduction meals
- Time for retreat, reflection, and silence

