

# MOVEVO #MOVEDAYS2026 PROGRAM

# MOVE DAYS

## TU-ES-DAYS

10:30-10:45

## DONNERSTALKS

PODCAST "WUNDERPILLE BEWEGUNG"



**24.02.2026, 10:30-10:45**  
**TAKING CONTROL OF YOUR HABITS**

**MATTHIEU HESS**  
MINDFULNESS TRAINER &  
FOUNDER OF MYNDSPOT



**19.02.2026**  
**SMALL EXERCISE - BIG IMPACT**  
MINI MINDFULNESS EXERCISES AS  
A NEW HABIT

**JÜRGEN DOMENIG**  
MINDFULNESS TRAINER



**26.02.2026**  
**FASTING, YES – BUT PLEASE ENJOY IT!** A MEASURE FOR  
HEALTH PROMOTION

**NATASCHA UNTERSMAIER**  
HEALTH COACH & EXPERT IN  
CUT HEALTH



**03.03.2026, 10:30-10:45**  
**BRAIN-BREAKS:**  
MOVING TOGETHER &  
THINKING TOGETHER

**DOMINIK HEINRICH**  
SPORTS SCIENTIST AND  
PSYCHONEUROIMMUNOLOGIST



**05.03.2026**  
**FOCUS ON EYE HEALTH**

**ISABEL KAUFMANN**  
PRIMARY CARE PHYSICIAN



**MARKUS RUPPNIG**  
OCCUPATIONAL HEALTH  
SPECIALIST



**10.03.2026, 10:30-10:45**  
**SYSTEM REBOOT:**  
BODY & MIND

**CLAUDIA SCHRIEVER**  
YOGA INSTRUCTOR &  
POSITIVE LEADERSHIP  
COACH

MORE INFORMATION: [WWW.MOVEDAYS.COM](http://WWW.MOVEDAYS.COM)



# TU-ES-DAYS

10:30-10:45

# DONNERSTALKS

PODCAST "WUNDERPILLE BEWEGUNG"



**17.03.2026, 10:30-10:45**  
**ANIMAL OFFICE MOVES:**  
UNLEASH THE ANIMAL  
WITHIN!

**MICHAEL OMAN**  
SPORTS SCIENTIST &  
FOUNDER OF MOVEVO



**12.03.2026**  
**THE KEY TO A LONG AND  
HEALTHY LIFE - VO<sub>2</sub>MAX**

**HANS HOLDHAUS**  
SPORTS SCIENTIST &  
HRV EXPERT



**24.03.2026, 10:30-10:45**  
**ARE YOU STILL TAKING A  
BREATH OR ARE YOU ALREADY  
BREATHING?**

**VERENA JURA**  
HEALTH COACH &  
FOUNDER OF  
KOPF.FITNESS



**19.03.2026**  
**BIOLOGICAL DENTISTRY: WHY  
HEALTHY TEETH MEAN MORE  
THAN A BEAUTIFUL SMILE**

**MEINHARD VINTLER**  
DOCTOR & EXPERT IN HOLISTIC  
BIOLOGICAL GENERAL AND  
DENTAL MEDICINE



**31.03.2026, 10:30-10:45**  
**ANYONE CAN DANCE**

**NIKOLAUS KLEEMANN**  
FORMER PROFESSIONAL  
DANCER & GENERAL  
SECRETARY ÖBSV



**26.03.2026**  
**MEN'S HEALTH:**  
STRESS & HORMONES IN  
FOCUS

**STEPHAN DOMENIG**  
DOCTOR FOR HOLISTIC  
MEDICINE



**02.04.2026**  
**GENDER MEDICINE:**  
HEALTH HAS A GENDER

**ANDREA DORIGHI**  
HEAD OF THE OFFICE FOR  
GENDER-SPECIFIC MEDICINE -  
MODEL REGION CARINTHIA &  
GENDER MEDICINE SPECIALIST



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