

MOVEVO #MOVEDAYS2026

PROGRAM

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



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

DOMINIK HEINRICH
SPORTS SCIENTIST AND
PSYCHONEUROIMMUNOLOGIST



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

CLAUDIA SCHRIEVER
YOGA INSTRUCTOR &
POSITIVE LEADERSHIP
COACH



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

NATASCHA UNTERSMAYER
HEALTH COACH & EXPERT IN
GUT HEALTH



05.03.2026
FOCUS ON EYE HEALTH

ISABEL KAUFMANN
PRIMARY CARE PHYSICIAN



MARKUS RUPPNIG
OCCUPATIONAL HEALTH
SPECIALIST



MORE INFORMATION: 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 - VO₂MAX

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



MORE INFORMATION: WWW.MOVEDAYS.COM