

Education

Jugend und Sport (J+S) gymnastics instructor	1995
ETH Zürich Sports sciences	1996–2000
ETH Zürich Training and Coaching	1998–2001
Schweizerische Verband für Gesundheitssport /Sporttherapie MTT medical training therapy	2004
J+S Off-Ice trainer	2008
Swiss Athletics Trainer C	2011
Swiss Olympic Association Training young talents J+S 1	2012
TRX Sports medicine suspension training	2013
Wim Hof, Breathology, YogaLAP various breathwork courses and daily practice	2019–2021
YogaLAP certified breathwork instructor	2021

Experiences

Fussball Club Zürich sports rehabilitation, physical training, personal training, talents promotion	2000–2004
Volero Zürich volleyball training B Juniors	2002–2003
Centro de alto rendimiento deportivo, Buenos Aires sports rehabilitation	2005
i-Training, Rivera foundation private practice	2006–2013
Swiss Ice Skating director élite and youth sports	2011–2013
IM Body Mind Solutions director élite and youth sports	2013–now
Leichtathletik Club Zürich head coach U16	2018–2020