



REGULA RUSSI

After completing my studies as a physical education teacher at ETH Zurich, I lived for several years in the canton of Zurich and primarily worked as a sports teacher. Sports was my passion. Until the time of a serious accident, I also thought that sports was my life. Well... I was thrown out of that life and at that time, I received treatment with the help of TCM (Traditional Chinese Medicine). I was so impressed by the rapid recovery results that I decided to acquire this knowledge myself in order to help others with it. After completing a four-year program at the Tao-Chi School in Zurich, I opened my own QiMotion-TCM practice in downtown Zurich in 2011.



In addition, I continued to teach as a sports teacher at the School for the Visually Impaired in Zurich. At that time, we trained most intensively in goalball – a sport specifically designed for the visually impaired. This is how I kept encountering Dr. Roy Bösiger and his wife, Barbara Bösiger, during goalball championships.

I am now the mother of Nino (2013) and Nayla (2015), live and practice in Chur, and am very happy to have been part of the chiropractic team since September 2016! I see TCM as a wonderful complement and am grateful to benefit from the valuable professional exchange within our interdisciplinary team. I am especially excited to pass on all my knowledge and experiences to you!

For more information about me and my treatment methods, please visit: www.qimotion.ch