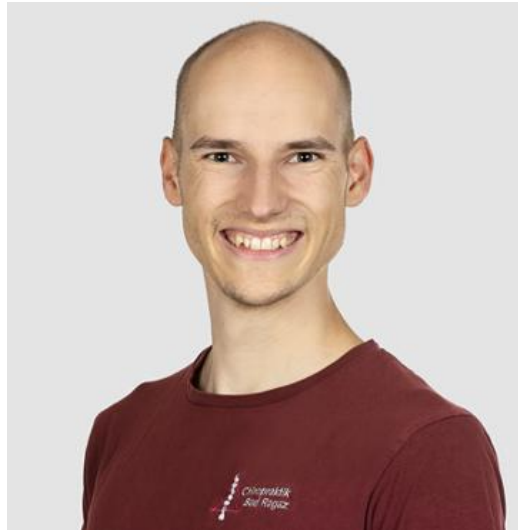




## DARIO KIRCHNER

My name is Dario Kirchner, and I grew up and currently live in Bad Ragaz. After completing my Matura and an unsatisfying degree program in physics, I realized that I would rather work with people. During this time, I also became aware of how important sport is to me.

After discontinuing my physics studies, I first started strength training and later played American football with the Calanda Broncos. After two seasons marked by both success and injuries, I shifted my focus back to other sports. During this period, I also worked as an assistant coach for the Calanda Broncos U19 team. Today, I enjoy practicing a variety of sports, including yoga, bouldering, cross-country skiing, and calisthenics (bodyweight strength training).



Due to the many injuries I experienced, my interest in human health and individual, natural treatment methods grew. I became particularly fascinated by the importance of cause-based treatment approaches, which led me to pursue training as a naturopath (TEN). In October 2020, I began this training at Prävensana in Chur, where I obtained qualifications as a classical massage therapist, reflexology therapist, and nutrition coach.

In February 2023, I changed schools and am now continuing my education at Bodyfeet in Rapperswil.

From January 2021 to April 2023, alongside my studies, I gained deeper insight into the healthcare system by working at the reception desk at Chiropraktik Bad Ragaz AG.

Since April 2023, I have been working as a massage therapist and nutrition coach at Chiropraktik Bad Ragaz AG.