



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) and Ronja (2020), 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