

This event will be in English. Please confirm your attendance by April 10, 2025, via email. We look forward to welcoming you!

Join Us for an Inspiring Evening with Experts Unlock the Power of Nutrition & Exercise for a Healthier Life!



Bäckerstraße 3/Top 13 1010 Wien

Monday, April 14, 2025
18:00 – 22:00



Special Guest Speaker:

Dr. Guido Rohrer leads the renowned diagnostic center Bellaria Imaging in Vienna, combining medical expertise with personal passion—a combination that makes his book a unique guide to healthy and enjoyable weight loss.

He is the author of: „Rechne dich schlank“

Every person is different and needs their own diet. Artificial intelligence (AI) can be the perfect companion in finding it. When used correctly, it provides personalized nutrition plans without hunger cravings or the yo-yo effect.

Dr. Micha Bitschnau, MFHom, Austria

Consultant Gynaecologist at Privatklinik Döbling, Vienna, Austria

- Obstetrics and Gynaecology – University Hospital Vienna (AKH)
- Women’s Presbyterian Hospital, University of Columbia, New York, USA (clinical rotation)
- Krankenhaus Hietzing, Vienna
- Homeopathy: Royal Homeopathic Hospital, London
- Since 2010: Consultant in Obstetrics and Gynaecology at the International Private Hospital Döbling in Vienna
- Member of the Faculty of Homeopathy, London

The menopause is a woman's second puberty—a metamorphosis towards inner freedom, independence, self-determination, happiness, and fulfillment, rather than a time of fear, dependence, listlessness, and loneliness. Allow me to take you on this adventurous journey.

Mara Guadagni – Yoga Instructor from Sicily

She is a Registered Yoga Teacher (RYT) with Yoga Alliance, acknowledging the completion of a yoga teacher training with a Registered Yoga School (RYS) Inbodhi Yoga Egadi Favignana.

She loves being upside down, the sea, fresh flowers, echoes, the knowledge of ancient peoples, loving, leaving everything behind, the smell of books, fairy tales, creativity, food, herbal teas, dancing, research, red shoes, teaching, an unexpected caress, poems, deserting, the wind, learning to breathe, and living...



Mag. Gerald Waitusch

- Hotel Management School Modul
- Studies for Interpreters and Translators – University of Vienna
- Training as a Masseur, Shiatsu Practitioner
- Lecturer in Business English at the University of Applied Sciences
- In-house Training for Various Companies
- Language Trainer for the AMS – Training BA HE FA
- (TCM / Qi Gong / Tai Chi / Several Years of Engagement with TCM and Other Alternative Health Techniques)
- Active for Several Years as an Artistic Photographer
- Various Exhibitions & Publication of a Book (The Photo Art of Gerald Waitusch / Life Splinters)

Qi Gong is a tool that we can carry with us everywhere, like a suitcase. Based on Daoism, Confucianism, and Buddhism, it is an excellent method for maintaining our inner balance, directing and storing our energy, and doing something beneficial for our body and soul without extreme effort.



ANTONELLA BRIZIOLI

**President and Founder
Dr. Antonella Brizioli**

Gli Incontri Culturali
Mail: gliincontriculturali@gmail.com
Web: <https://www.gliincontriculturali.com/>
Bäckerstrasse 3/13
1010 Wien