



focus is being happy and healthy. To continue being curious about what life has to offer, to stay alert and learn with an open mind. I just started studying Qigong and I got my scuba diving license last fall, so those are two new activities I will devote some time to in the next years. I've also been reading all I can about leading a balanced, healthy, and happy life. I believe in working towards a more free and clean planet and have some projects linked to this subject that I hope will be started in the upcoming months.

Steep slopes, rough cold terrain, the threat of injury and avalanches—how about outdoor activities that are less extreme?

I usually do a lot of action sports all year round, like downhill biking, surfing, and climbing. But in the last couple of years I have travelled less, and have rediscovered how much I love simply being outdoors in nature. It is so peaceful and energizing. It's where I really connect with myself.

