

Lukas Moebus

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Short Curriculum Vitae

- 2022–present: Research Associate, Sport Psychology, Technical University of Munich (TUM)
- 2020–2022: Student Research Assistant, Sport Psychology, TUM
- 2019–2021: M.Sc. “Health Science”, TUM, completed with “very good”
- 2015–2019: B.Sc. “Exercise and Health”, Justus Liebig University Giessen (JLU), completed with “good”

Research Focus

- Investigating the psychophysiology of relaxation and recovery
- Developing and optimizing breath-based approaches, such as breathwork and breathing meditation, to enhance relaxation and stress resilience
- Wearable and digital health technologies to promote relaxation and stress resilience

Teaching Focus

- Solution-focused counseling & applied solution-focused counseling
- Stress and stress management & applied stress management trainings and programs
- Psychophysiology of stress & psychophysiology lab research
- Self-regulation and applied relaxation techniques

Awards and Grants

- Teaching Award of the TUM Department of Sport and Health Sciences (2022)
- Research project funding of €9,886.00 to investigate the “Neurophysiology of relaxation and recovery” from the Anneliese Pfannenbergs Foundation at TUM (2024)

Publications

- Moebus, L., Quirin, M., & Ehrlenspiel, F. (2023). Cerebral asymmetry in bipolar disorders: A scoping review. *Biological Psychology*, 179, 108551. <https://doi.org/10.1016/j.biopsycho.2023.108551>

Additional Training and Athletic Achievement

- Certified Hatha and Vinyasa Yoga Teacher Trainer (200h training, 2023) and certified Yin Yoga and Guided Meditation Instructor (100h training, 2025)
- Vipassanā meditation practitioner (daily practice; completed one 10-day silent retreat in 2023)
- Bodybuilding (12th German Championships in 2015, GNBf, Men's Physique, 7th place) and triathlon (Bavarian Middle-Distance Championships in 2024, age group up to 30, 12th place)