



That's me

My name is Gini and I am captivated by life and all it offers.

I believe our bodies are our access to all we want. And our bodies are more than just flesh.

Being a somatic coach and holistic movement teacher deeply fullfills me.

I've spent 10 years learning how the intricate connection between body, mind, nervous system and spirit shapes us and we can shape our lives. I learned this through martial arts, dance and other movement and embodiment practices. I like pragmatic work that actually works. No fluff. But a lot of fun.

I tailor each session to meet you where you are, focusing on what actually helps.

Flexibility starts in your nervous system. I show you how...

I bring a range of real life experience to my coaching that is rare to find. No empty words, but lived knowledge. I prepared a CV for you. Read more about me and my work here: [Gini's Portfolio](#)



Don't worry, you can't see, but my defense here was pretty decent. He couldn't get the lever to break my elbow ;-)

Thanks for your attention.

If there are any open questions, just ping me.
I am happy to clarify any open loops and
questionmarks.

I wish you a wonderful day.

All the best,
Gini



Contact me

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