



That's me

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

I believe our bodies are poetry and our direct access to what truly matters. And: They are more than just flesh.

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

I've spent 15 + 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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