

Stina has a pleasant and appreciatively voice, she is acknowledging and listening to every individual.

- Annette Taastrøm, special doctor, REGION H

Stina gave us techniques to relax easily and quickly, and tools to navigate in an often hectic work life.

- Anne-Mette Haar, associate manager, NOVO NORDISK



Mindfulness teacher
Shadow coach
Lifestyle coach
Yoga & Personal trainer

Stina's way of communicating was very trustworthy and understandable in a fluid and comfortable English. We got a clear impression that Stina is a passionate and experienced teacher.

- Ulla Riber, Group Vice President, ISS Corporate Garage

Good to know about

Stina Bavnhoj

When you meet Stina, you meet a big smile. She is a person in motion, preferably in nature, and she loves power, humour, authenticity *and* complete peace.

She is intuitive, holistic and curious in her work - with a strong foundation in her professionalism and more than 30 years of experience teaching and working with other people.

Stina is specialized in change processes and pattern breakdown, stress prevention and stress reduction. She is the head of her own business and is educated in mindfulness, coaching and optimal body movement and relaxation.