

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

- Annette Taastrøm, special doctor, REGION H

>> *Overall, we received very positive feedback on our Care365 Event! A big and warm thank you to you, Stina, for your valuable contribution with mindfulness.*

- Mats Tallving, Director, Leading Change, People & Culture, PERSTORP AB, MALMÖ



Stina Bavnhoj
Mindfulness Coach

>> *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 helps people to relax and be present. She is specialized in mental health, stress prevention and stress reduction. She is the head of her own business and is educated in mindfulness, coaching, yoga, functional body movement and relaxation.