



YOGA YINASA



I am **Barbara Lörincz**,
the founder of **Yoga Yinasa**,
a **somatic and healing-based**
practice rooted in
Yin yoga, Meditation,
Fascia release,
Transformational Breathwork,
Sound Healing and
Therapeutic Bodywork.

Based in **Malmö, Sweden**, I guide
participants into deep presence,
nervous-system regulation, and
embodied transformation.

My work blends softness with
depth, inviting the body to melt,
the **breath to open, and inner**
wisdom to awaken.



My early path began
through **theatre, dance, and**
forum theatre with children,
supporting their emotional
expression and creativity.

Over the years, this evolved into
teaching **yoga, meditation, and**
breathwork, deepening my
ability to hold spaces for
healing and personal
transformation.

Today, I am a
certified Breathwork
Facilitator,
Yin Yoga Specialist,
Fascia Specialist,
and **Meditation Teacher**, with
more than 20 years of yoga
experience and 15 years of
Therapeutic Bodywork
focused on Fascia,
trauma release, and
Energetic release.



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Spaceholder

To me, being a space holder means creating a place where every participant feels truly safe and supported.

Safety is always my first priority. I want us to feel like **one living organism**, learning to trust one another, and especially to trust me, so that the space becomes a grounded container where everyone can soften.

For me, holding space is about offering a field of calm presence where people can fully relax, feel accepted, and dare to open. It is a space without fear – a space built for **deep safety, connection**, and courage. From that foundation, participants can gently access the deeper layers within themselves and feel brave enough to meet their **inner child** with tenderness and honesty.





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I have worked with shamans from different parts of the world, learning through deep ceremonial practices, sacred rituals, and intuitive energy work.

It is from the natural world that I draw my deepest wisdom, creativity, and devotion in everything I facilitate.



My **healing hands** are a central part of my work, shaped through years of hands-on practice and energetic sensitivity.

I lived for **10 years in Peru**, where I founded and built a home for vulnerable children. During that time, I continued to work with theatre, yoga, and creative practices to support their emotional well-being and healing.

I have spent time in **Asia and India**, studying with various teachers in meditation, yoga, and breathwork—experiences that have enriched and refined my approach to embodied healing.

Above all, my greatest inspiration is **Mother Nature**. The earth, the forests, the elements, and the cycles of life guide my work. Nature teaches me how to listen, how to soften, and how to hold space with presence and humility.



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FACILITATOR BIO / CV

**Yoga • Breathwork • Fascia •
Somatic & Energetic Release**

PROFESSIONAL PROFILE

Senior yoga teacher, certified breathwork facilitator and somatic educator with over 20 years of experience in embodied practices, community-based work and transformational education.

My work integrates **Yin & Fascial Yoga, breathwork, myofascial and energetic release, manual bodywork, mindfulness and ritual-based pedagogy. I create conceptual workshops, immersive festival sessions and longer trainings**, grounded in fascia, nervous system regulation and embodied awareness.

My teaching style is **trauma-aware, inclusive, intuitive and deeply embodied**, supporting sustainable transformation rather than peak experiences.

EDUCATION & TRAINING

2000–2003

Student with scholarship & volunteer
Yuyachkani Anthropological Theatre, Peru
– Dance, Theatre & Ritual Performance, shamanism

2007

Educational Drama Pedagogy
Malmö University, Sweden

2011–2012

Traditional Hatha Yoga, Meditation & Pranayama – Yoga Teacher Training
K-Yoga, Malmö

2014–2018

Yin Fascial Yoga Teacher Trainings – **Total 5,00 hours**
with Beta Lisboa

Including:

- Structural Body
- Subtle Body
- Mindfulness
- Dynamic Spiral & Yin Fascial Yoga
- Complete Yin Fascial Yoga Teacher Training Program

Registered with Yoga Alliance

2016–2017

Certified Massage Therapist Sweden

2023

Myofascial Energetic Release Training
with Satyarti Peloquin – Elemental Bodywork

2024–2025

Transformational Breathwork Training
with Nina Medicina – Wild Meadows, Southern Sweden



AUTHORIZATION & CERTIFICATIONS

- **E-RYT 500**, International Yoga Alliance
- Authorized Yoga Teacher
- **Certified Breathwork Facilitator**
- Certified Massage Therapist
- Manual Fascial Massage Therapist
- Cupping Therapy
- Lymphatic Drainage

PROFESSIONAL EXPERIENCE

2000–2007

Co-Founder, Mosoq Runa Children's Home, Urubamba, Peru

- Community-based educational and care project
- Creative, embodied and trauma-sensitive approaches

2000–2007

Drama Educator & Project Coordinator, Mosoq Runa Organization, Cusco, Peru

- Project management for creative workshops
- Programs in self-esteem, movement, contact improvisation, drama and yoga

2014–2023

Yoga Teacher & Facilitator

Hatha, Yin Yoga, Fascial Release, Meditation & Pranayama

- K-Yoga Malmö
- Medborgarskolan
- Studio Frid, Malmö (former co-owner & operations manager)
- My Yoga Room, Limhamn





Ongoing
Weekly Classes, Workshops, Retreats & Treatments

- Weekly yoga classes at **Yoga Kendra**
– **Yin Yoga, Fasciarelease**
– **Fascial & Nervous System Regulation**
– **Breathwork & Somatic Awareness**
- Facilitating **weekly classes, workshops and guest workshops** at various yoga studios in **Malmö**
• **Hosting and leading retreats** independently
• Offering **bodywork treatments**
– Manual fascial massage in **Malmö**, at **Helanova**

RETREATS, FESTIVALS & TRAININGS

Ongoing

Organizer & Facilitator of Conceptual Workshops, Retreats & Trainings

Southern Sweden & international contexts

I work with **my own integrative method**, developed over decades, combining:

- Yin & Fascial Yoga
- Myofascial & Energetic Release
- Breathwork
- Manual bodywork principles
- Mindfulness & ritual-based pedagogy

These offerings are adapted for **yoga festivals, retreat centers and teacher trainings**, with focus on **embodiment, integration and nervous system resilience**.

WORKSHOP THEMES OFFERED FOR FESTIVALS

- Yin & Fascia – Listening to the Body's Intelligence
- Fascia, Breath & the Nervous System
- Myofascial & Energetic Release
- Ritual Yin – Somatic Practice as Ceremony
- Breathwork & Stillness
- Trauma-aware Yin Yoga & Somatic Presence