

Barbara Lechner

Barbara Lechner is a dedicated Health Coach, Munay-Ki and Shamanic Energy Medicine practitioner, trainer, and mentor in adult education. Her own physical and health challenges deepened her connection with movement, nature, and the present moment. Today, she brings this lived experience together with Human Design, Personal Branding, and leadership development.

With warmth and clear perception, Barbara creates a grounded space in which people can reconnect with themselves, recognize their unique strengths, and express who they truly are - both personally and professionally. Her presence encourages others to trust their inner guidance, take responsibility for their own path, and meet life with greater authenticity, vitality, and courage.

Language Support: German, English

A Little More About Barbara ...

Movement has accompanied Barbara since childhood. Not simply as physical activity, but as a way of understanding life.

An early physical challenge awakened her curiosity about the relationship between body, mind, and emotions. She began to sense that vitality grows wherever these dimensions are allowed to work together. Nature became her steady companion: a place where thoughts settle, the body softens, and what truly matters becomes clearer.

This connection later found its expression in Indian Balance®. The experience of moving the body while calming the soul became more than a guiding principle. It reflected Barbara's own understanding of balance: strength does not exclude softness, activity needs stillness, and well-being begins when we stop working against ourselves.

Her life has not followed a straight line. Barbara has explored, questioned, experimented, changed direction, and learned from what did not work. Even difficult experiences gradually revealed something valuable. They sharpened her perception, strengthened her compassion, and taught her to meet people without judging where they currently stand.

Further health challenges in recent years brought her even closer to the immediacy of life. They reminded her that the right moment is not waiting somewhere in the future. It is found in this breath, this step, this conversation - in the willingness to participate fully in what is happening now.

Life asked her to pause, listen more carefully, and release the idea that everything must first be resolved. Sometimes it is enough to feel the ground beneath your feet, breathe, and say: "I am here."

In Barbara's presence, people often find it easier to become quiet enough to hear themselves again. Her warmth invites openness; her clarity helps untangle what has become complicated. She does not take responsibility away from others. She encourages them to recognize their own choices, trust their inner guidance, and take the next step from their own strength.

For Barbara, a balanced life is not a life without storms. It is the ability to remain connected with yourself while the wind is blowing. To move when movement is called for, to pause when stillness is needed, and to meet the present moment with an open heart.

Because life is not something to postpone.

Life is what meets us now.