

A little more about Barbara...

Hello everyone. My name is Barbara Lechner, and I am filled with gratitude to have met you here.

Since I was a young girl, a personal physical challenge led me on the path that I still follow today. During that time, I experienced the power of movement and the wonders of nature in so many different ways. For me, it was never just a physical journey, I always included mental and emotional health.

I have been deeply rooted in the wisdom of nature, and this connection has been a source of strength and my intuition and wisdom. Being in harmony with nature grounded me and guided me to discover my path to health and well-being. It allowed me to make choices that led me to a life filled with purpose and vitality.

My journey eventually led me to the wonderful concept of "Indian Balance®", where we get our bodies moving while our souls calmed down. This journey has deeply touched and shaped me, and I am happy to share my experience with you.

Guiding people of all ages on their path to health, well-being and inner wisdom has become my calling.

Becoming a Health Coach, Munay-Ki- and Shamanic Energy Medicine practitioner opened my heart to share with others the profound experiences that have deeply touched me throughout my life.

Imagine waking up each day with genuine liveliness, full of energy, and in harmonious balance. Life can be a rollercoaster, but together, we can discover that place of equilibrium and balance in our lives.