

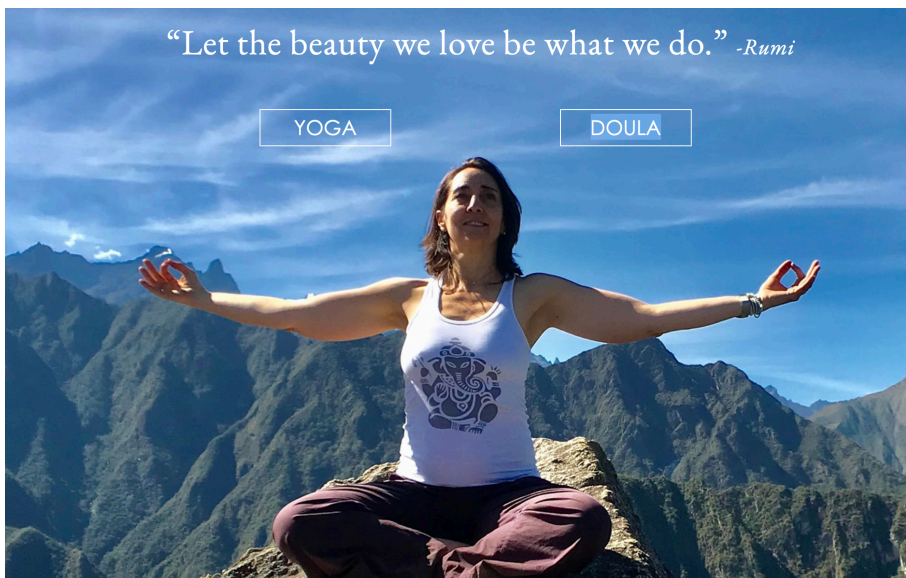


malea lin:
geburts- und Familienkultur

Lara María Gómez
Yoga & Doula

honest, compassionate, positive, empathetic, enthusiastic, thoughtful, sensitive, generous, warmhearted, reliable, affectionate, organized, joyful, ..

Mother of Fernanda (Switzerland, 2002) and Andrés (Italy, 2005)



Born in Spain, I grew up in Peru and have been living and raising my family in different countries around the world.

I am living in Switzerland (for the second time!) since 2017. My own pregnancies and births, as well as my yoga practice, have brought me to the Doula path.

I believe that having an international background and the experience of

birthing in countries other than my own make me uniquely equipped to support women from all over the world! Every woman can be supported to live her pregnancy, birth and baby's first year as a gift, a unique time to connect to her body, her power and her family.

- Doula (2018-19) malea lin Doula Fachschule Schweiz - Michèle Stratmann & Oona Canonica
- Yoga y Mujer, Acompañando los Ciclos Femeninos (2018) - Yolanda Caballero Gardyn
- Yoga for Women - (2016, 2017, 2018) - Angela Farmer
- 500-hour Advanced Yoga Studies Teacher Training (2014) - Barbara Benagh
- 200-hour Yoga certification Radiant Yoga School (2011) - Chanel Luck and Bonnie Argo
- Other relevant trainings: Anatomy of Breath, Yin Yoga, Yoga and Ayurveda, CPR/First Aid
- I teach yoga and Prenatal yoga in Basel and on retreats abroad. I also have a Bachelor in Anthropology, Master in Public Policy and significant work experience in Global Health.

My passions are cultivating friendships and treasuring them beyond time and distance, sharing yoga with others - especially beginners -, cooking and tasting foods from around the world, reading, women's and family health, volunteering, swimming in the ocean.

I speak English, Italian, Spanish and some German and Turkish.

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