



Jyllin's Certifications & Training

A foundation of 20 years in holistic healing, nervous system support, and body-mind liberation. *“Rooted in ancient wisdom, refined by lived experience.”*

Over the past two decades, I've trained extensively across disciplines to meet the complex needs of the deeply sensitive, highly-aware, trauma-informed bodies I serve. Below are key areas of my training that form the foundation of the Holistic Liberation Method.

- **EFT Tapping & Subconscious Repatterning**
- **Yoga & Movement Practices** (Hatha, Vinyasa, Yin, Restorative, Yoga Nidra, Trauma-Informed)
- **Somatic & Nervous System Regulation**
- **Traditional Chinese Medicine & 5-Element Theory**
- **Habit Change & Holistic Health Coaching**
- **Bodywork Modalities** (Lymphatic, Deep Tissue, Acupressure, Foot Reflexology)

Certifications & Trainings

- **Certified Holistic Health Coach** (2004 / 2025): Global Institute for Holistic Health; Unwounded Womb: Dr. Jimi Wollumbin
- **500-Hour RYT Yoga Teacher Trainings** (2012 / 2014 / 2015): Yogayantra School — Hanoi / Shanghai / Rishikesh
- **Advanced Meridian Yoga Therapy** (2016): Tina Nance Yoga Therapy — Bali
- **Certified Bodywork Therapy** (2014 / 2015 / 2020): Tattva Ayurveda & Panchkarma Center; Sanur Bali International Spa Academy; Mark Perren-Jones — Rishikesh / Bali
- **Certified EFT Practitioner** (2019) — Graham Nicholls
- **Somatic Practices in Trauma Healing** (2019 / 2020 / 2022 / 2023): Tracing Trauma Conference: On the Science & Somatics of Healing Trauma; Overcoming PTSD Conference; Trauma Therapy with Vagal Toning; Embodied Internal Family Systems Therapy

This work isn't just professional for me — it's personal. Every modality I bring into Holistic Liberation is something that has transformed my own life and healing. I'd love to guide you through your own version of that.

Let's work together:

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