

YOGA & PRENATAL TEACHER TRAINER

Gea Krajcar

E-RYT500, RPYT90

Grounded in tradition and modern science, I aim to bring the ancient teachings of yoga in an easily digestible way for a modern practitioner of yoga & meditation.



INTERESTS: PROGRESSIVE SEQUENCING | TANTRIC PHILOSOPHY | MANTRA | PRANAYAMA | MEDITATION | PRINCIPLES OF ALIGNMENT | MUDRA | PRENATAL

EDUCATION

PRANAYAMA INTENSIVE 40H

With Petra Bianco, in tradition of the Kaivalyadham Yoga Institute | 2021

RASA YOGA ADVANCED TT: 250H

With Greta Hill | 2019 - 2020

RASA YOGA ONLINE TT: 70H

With Sianna Sherman | 2020

VESSELIFY YOGA THERAPEUTICS 27H

With Amy Ippolity | 2018

SPANDA INSTITUTE PRENATAL TT 85H

With Nina Vukas | 2015

SPANDA INSTITUTE TT500

With Nina Vukas | 2014 - 2016

VARIOUS WORKSHOPS ~300H

With Shiva Rea, Sianna Sherman, Simon Park, Tiffany Cruikshank, Sue Elkind...

EXPERIENCE

SPANDA INSTITUTE TEACHER TRAINER

- Lead teacher: 85h Prenatal teacher training | 2020 -
- Lead teacher: TT200 | 2021 -
- Teacher & Mentor: TT300 | 2021 -

GEA.YOGA

Online courses, classes and retreats | 2019 -

UNIVERSITY OF WASHINGTON, SEATTLE


Yoga teacher at the Mindfulness section | 2019


SHEFA YOGA, HAUTE YOGA, DATZA STUDIOS, SEATTLE

Yoga teacher, Seattle | 2018 - 2019

YOGA ZANSHIN, CROATIA

Studio owner & manager | 2016 - 2018

 @gea.yoga

 @geakrajcaryoga