



MARNIE KRAJICEK

Wellness Coach

I teach stressed out parents (and the children who love them) how to focus and feel better naturally. I specialize in working with children and those recovering from substance abuse.

CONTACT

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SKILLS

- Certified Yoga Instructor
- Mindfulness Coach
- Emotional Freedom Technique
- Aroma Freedom Technique
- Raindrop Massage Therapy
- Energy Work
- Somatic Experiencing
- 12 Step Recovery
- Aromatherapy

RELEVANT EXPERIENCE

Promises Recovery 2021-Present

Yoga and Mindfulness Instructor

Renner Academy 2020-Present

Yoga and Mindfulness Instructor

Texas A&M University Living Well Program 2015-Present

Yoga, Mindfulness, Stress Reduction Instructor

Traditions Montessori 2006-Present

Yoga and Mindfulness Instructor

Private Wellness Coach 2005-Present

Yoga, Mindfulness, Stress Reduction, Pain Management, Addiction Recovery Coach

College Station ISD 1995-2000

5th Grade Teacher

EDUCATION BACKGROUND

Yoga Teacher Training 2007

The Yoga Institute
Houston, Texas

BS Education, Minor in Health 1990-1995

University of North Texas
Denton, Texas