

DALIA GJAJA

Dalia is a warm-hearted, attentive yoga teacher and holistic movement educator with 15 years of teaching experience, specializing in adapted, therapeutic, and sustainable practice. In 2015, she co-founded the studio with her sister, Rhubin, and since then they have followed a continuous path of study, teaching, and professional growth—attending workshops and teacher training simultaneously in Europe and Asia.

Her teaching is rooted in presence, empathy, and deep respect for each student's individual possibilities. Dalia approaches every practitioner as a whole person, carefully tailoring the practice to their needs and daily life circumstances. She emphasizes consistency over perfection, helping students maintain joy, curiosity, and passion for practice—honoring every moment they find to step onto the mat.

Personal Experience & Therapeutic Focus

Dalia's work is deeply informed by her own physical journey. From early on, she learned to adapt her practice due to a childhood arm injury, and later refined it further after experiencing a lumbar disc prolapse following a bicycle accident. These experiences shaped her values as a teacher, grounding her work in tolerance, acceptance, patience, and perseverance.

After completing a Yoga Therapy Teacher Training in 2021, Dalia has increasingly focused on working with people who have experienced injuries, chronic pain, and physical limitations. Her therapeutic approach helps students rebuild strength, mobility, and confidence in a safe and compassionate way.

Education & Continued Study

From her first 200-hour yoga teacher training in India in 2010, Dalia has continuously deepened her practice and professional education. She later completed a 300-hour advanced teacher training in India in 2013, becoming a **500-hour Advanced RYT yoga teacher**.

She continued her education with a 40-hour teacher training with David Swenson in 2019, a 150-hour Yoga Therapy teacher training in 2021, and completed her STOTT Mat Pilates training in 2025.

Alongside her formal certifications, Dalia has continuously expanded her knowledge through workshops and advanced education across Europe and Asia, studying with internationally recognised teachers including Rolf and Marci Naujokat, Kirsten Berg, Mitchell Gold, David Robson, Jelena Vesić, Javier Castro, Bernie Clark, Stuart McGill, Petri Räisänen, Lea Lončar, and others.

In addition to her yoga and pilates education, Dalia is also a certified Theta Healing, Access Bars® and Access Energetic Facelift® practitioner, further enriching her holistic and integrative approach to wellbeing.

Creative & Professional Background

Alongside her work as a multi-modal movement teacher, Dalia is a creative professional with a background in web and graphic design. She is one of the co-founders of Apropro, a marketing agency specializing in consulting, branding, and web development.

More recently, she has been exploring the field of interior design, enjoying the process of creating functional, harmonious spaces that support both well-being and everyday life.

RHUBIN HERCEG

Rhubin is an experienced yoga teacher, movement educator, and holistic practitioner with over 15 years of teaching experience, 1000+ hours of professional certifications, and more than a decade of leadership as the founder and CEO of a movement and wellness studio in Dubrovnik, Croatia.

She pours her artistic energy onto the mat, creating thoughtful, intelligent sequences that help students center themselves and draw from an inner well of inspiration. This creative process extends beyond movement into her work in illustration, photography, fashion, and other artistic fields. In her classes, Rhubin strives to cultivate the same experience within the group—guiding students to reconnect with their bodies, creativity, and inner resources.

Yoga Education & Teaching Path

Rhubin's journey as a teacher began with a formative trip to India, where she immersed herself in asana, pranayama, meditation, and yoga philosophy. In 2010, she completed her 200-hour Yoga Teacher Training at the Sivananda Yoga Vedanta Ashram, establishing a strong classical foundation for her teaching.

After several years of teaching in Dubrovnik, she encountered the Ashtanga Vinyasa system, which deeply resonated with her. Drawn to its discipline and transformative potential, she returned to India to study under Rolf and Marci Naujokat, dedicating herself fully to the practice.

In 2013, she completed an Advanced Teacher Training at Kranti Yoga in Goa, becoming a 500-hour Yoga Alliance–accredited RYT teacher.

In 2016, she further refined her teaching through a 40-hour teacher training with David Swenson.

In 2021, Rhubin expanded her scope of work by completing a 150-hour Yoga Therapy Teacher Training, deepening her ability to work therapeutically and individually with students.

Alongside yoga, Rhubin has continuously developed her work as a movement educator. In 2014 and again in 2025, she completed mat pilates trainings, including STOTT Mat Pilates, further enriching her integrative approach to movement and wellbeing.

Rhubin continues to refine her practice through ongoing study with senior and internationally recognised teachers such as Rolf and Marci Naujokat, Kirsten Berg, Mitchell Gold, David Swenson, David Robson, Gregor Maehle, Javier Castro, Petri Räisänen, Stuart McGill, Lea Lončar, and others.

Studio Founder & CEO

In 2015, Rhubin co-founded **We DU Yoga**, one of the first dedicated yoga studios in Dubrovnik. Over the next decade, the studio grew steadily in both scope and community impact.

In 2025, the studio underwent a full rebranding and expansion, becoming **Zen & Zest**—a holistic wellness center that reflects Rhubin's evolving vision. Today, Zen & Zest offers a wide range of practices including:

- Yoga and Pilates
- Therapeutic movement classes
- Children's movement programs
- Sound healing
- Holistic treatments
- DIT Hypnotherapy

Her leadership blends business acumen with a strong ethical and community-centered approach to wellness.

Sound Healing & Holistic Modalities

In 2019, Rhubin opened Sense, the only studio in Dubrovnik dedicated exclusively to sound massage, sound baths, and sound healing.

She is the first—and currently the only—Certified Peter Hess® Sound Massage Practitioner in Dubrovnik, trained through the Peter Hess® Institute in Zagreb. Her work focuses on the therapeutic use of sound vibrations for deep relaxation, nervous system regulation, and emotional balance.

Additionally, she completed KCLICK Sound Education for Children, a method supporting children's cognitive, emotional, and sensory development.

Rhubin's holistic education also includes training and certification in:

- Access Bars®
- Access Energetic Facelift®
- MTVSS
- Gong Intensive
- Theta Healing
- DIT Hypnotherapy

These modalities allow her to integrate movement, therapy, and energetic work into a comprehensive, individualized approach to wellbeing.