Sofija Krsteska was born in Belgrade, Yugoslavia. She began to play the violin at the age of seven. After graduating from the Faculty of Music Art in Belgrade and the University of Music and performing Arts in Graz, she started to explore more intensively the fascinating world of early music. During her studies, Sofija had different possibilities to enrich her knowledge as a violinist, being employed in the Radio Symphony Orchestra Belgrade (Serbia) and Orquestra Filarmônica de Minas Gerais, Belo Horizonte (Brazil), as well as teaching violin in the music school Stanislav Binicki in Belgrade. After collecting all this experiences as a "modern" violinist, her sensibility and intuition for the different styles of playing the violin and a keen interest in performing baroque music, led her further to enrich this gift with more concrete knowledge. In 2012 she started to study baroque violin with Prof. Susanne Scholz at the University of Music and performing Arts in Graz. In this field she also benefited from courses and projects with Enrico Gatti, Odile Edouard, Erich Höbarth and others.

As a free-lance violinist, Sofija plays concerts in the country and abroad, being part of various chamber music groups and regularly performs with orchestras, such as Wiener Akademie, Musica Coeli, Grazer Kammerorchester and others. With Wiener Akademie (conducted by Martin Haselböck), Sofija took part in the production of the movie "The Giacomo Variations" starring John Malkovich.

Sofija is at the moment working as a freelance baroque violinist based in Graz, Austria.