

Aris Kapetanakis

Aris is founder & lead Teacher of Ashtanga Yoga Athens. As a devoted practitioner of the Ashtanga Yoga method himself over the years he studied next to very important senior teachers of the Ashtanga method . In the recent years Aris has invited and organised workshops with Nancy Gillgoff, Tim Miller, David Garriques and others. These teachers are holding the lineage of the Ashtanga method as taught by Shri K. Pattabhi Jois.

He is authorized Level 2 by Manju P. Jois as well as authorised to teach Nadi Shodana Pranayama. Therefore Aris is part of the lineage of teachers of Shri K. Pattabhi Jois.

Following the teaching of such teachers, Aris believes and teaches the traditional method where each student has each own unique potential and personality and has to be taught individually. Yoga is a holistic method and “one for all recipe” can not be applied.

Being faithful to the tradition of the Ashtanga yoga method and the eight limbs, he emphasises the internal part of the practice which starts with the pranayama limb. He teaches the original Pranayama method of Ashtanga and incorporates it in the every day practice.

Being a long time practitioner of meditation (zazen) he also emphasises its importance in the practice. He is the first teacher in Greece who introduced Zazen meditation sitting in an Ashtanga Shala. Over the years he has attended numerous sesshin (intence meditation seminars) and he has also hosted sesshins in his shala under the guidance of zen master Shokan.

Aris belongs to an elite “family”, with very few members around the world, that practice and lead Misogi Harai “purification through breathing”.

He holds the 2nd degree in Reiki.

For 15 years he has been practicing Aikido (Birankai International) with Jenny Flower sensei in the Athens Aikido Dojo. He has been an Uchideshi (live in student) in San Diego Aikido Dojo under the guidance of T.K Chiba Sensei.

Starting in 2012 Aris has been offering retreats, workshops and Teacher Trainings in Greece (Athens, Kithira and Crete), Germany (Berlin, Stuttgart and Freiburg) , Finland, Brussels and Budapest, sharing his knowledge and experience in a way that results in a broader and deeply inspiring teaching.