

Marita Mittag

Marita is a certified Grandmaster of Yoga, Worldwide Ambassador for Yoga Alliance International and currently practicing and teaching at Ashtanga Yoga Athens. Marita has previously studied with Baron Baptiste, Manju P. Jois and Swami Vidyanand and continues to study Ashtanga Yoga with Aris Kapetanakis.

She has attended workshops with Tim Miller, Nancy Gilgoff and David Garrigues for Ashtanga Yoga. She has been teaching in Greece, Germany and England.

Marita is also a certified Reiki Practitioner and has been an educator in various yoga teacher trainings for over 10 years. She is a Practitioner and Teacher of Meditation.

Researching the life and work of Krishnamacharya enthusiastically, Marita has attended intensive training with Srivatsa Ramaswami (a student of Krishnamacharya for 30 years) and also teaches the classic Vinyasa Krama Yoga system at Ashtanga Yoga Athens. Her teaching is generally very strongly based on the integration of asana, pranayama, meditation and mantra into the practice of yoga.

Marita holds a BA (HON) Degree in Dance Studies from Roehampton Institute London (University of Surrey).

Having been inspired by different teachers, her biggest teacher is her heart and her practice.