

## **Sandra Konstandinou**

Sandra has been practicing yoga since 2006 but she learned to love Ashtanga in 2016, when she started practicing it daily at Ashtanga Yoga Athens.

For the past two years she has attended workshops with Tim Miller, Atsuro Chiba and Manju P. Jois she has completed the educational program of the first series of the Ashtanga with Aris.

She continues to learn by his side, while teaching at Ashtanga Yoga Athens.

At the same time she practices Zazen meditation, Pranayama and Misogi Harai (purification through breathing). Through her daily practice and the guidance of her teachers she has come to realize the truth of really knowing yourself, the importance of breathing and the importance of the living in the moment. Following this path herself, she encourages her students to connect with their inner self while practicing and to extend that awareness into their everyday lives.

Her apprenticeship with Marita Mittag (Grandmaster of Yoga, Worldwide Ambassador of Yoga Alliance International) has been of great importance in her teaching. She has been certified on Yoga Alliance International 500h through Marita.

She keeps progressing through her personal practice while also attending workshops with the heirs of Sri K. Pattabhi Jois' tradition.

She loves and values the practice of meditation and she has participated sesshins (several-day intensive seminars) under the guidance of Zen Master Shokan.

Furthermore, she has been certified in Prenatal Yoga through Michelle Kaminski and through Christina Matsi at Kids Yoga (module 1).

She teaches Ashtanga Vinyasa Yoga, Vinyasa Yoga, Hatha Yoga and Meditation.

She follows the path of Yoga, she teaches and she is being taught while continuing her journey with love and dedication.