






CONTACT

-  +30 6979282214
-  afro_manolo@yahoo.gr
-  Madrid, Spain

TEACHING STYLE & SKILLS

- Hatha & Vinyasa Yoga
- Meditation & Pranayama
- Yin Yoga
- Yoga Philosophy Integration
- Intuitive Teaching Approach

LANGUAGES

- Greek – Native
- English – Fluent
- German – Intermediate
- Spanish - Intermediate

BACKGROUND

With a degree in Architecture, I worked in the field until 2024, combining technical skill with a strong artistic sensibility. My passion for art and aesthetics continues to guide my professional path. I'm currently based in Madrid.

Afroditi Manolopoulou

Yoga teacher & practitioner

ABOUT ME

I describe myself as an empathetic and intuitive yoga teacher. Holding a 200h certificate of Hatha and Vinyasa and 50h Yin my teaching usually combines the flow of vinyasa with the strengthening holds of Hatha. I am currently continuing my studies for the 300h. I love to hold safe space to support practitioners in reconnecting with their breath and body, cultivating inner stillness, and experiencing joy and balance through conscious movement and presence. My teaching is guided by love for embodied awareness, creative sequencing, and commitment to hold inclusive spaces for growth and connection. My passion is to continue evolving through self practice, travel, and ongoing studies in yoga, philosophy, and movement.

YOGA TRAINING

300 Hour Advanced Yoga Teacher Training (Ongoing) 2025 – Present

ULU Yoga Studio, Bali - (online training)
Vinyasa, Hatha, Yin, Philosophy, Teaching Practice, Meditation, Pranayama

Psoas Workshop

April 2025

2 days workshop on anatomy and sequencing specialized for psoas and iliacus muscles to help release tension and stored emotions.

50 Hour Yin Yoga Teacher Training August - September 2025

ULU Yoga Studio, Bali - (online training)

200 Hour Yoga Teacher Training

April - May 2024

ULU Yoga Studio, Bali
Multi style yoga teacher training
Vinyasa, Hatha, Yoga Philosophy, Teaching Practice, Pranayama

Yoga Practitioner

2010- Present

Practicing since age 14 with teachers across Europe, Asia, and Central America

TEACHING EXPERIENCE

Yoga Teacher – Paros Island, Greece

June – September 2024

Led group classes for locals and travelers, integrating grounding flows, breath awareness, and creative sequencing.

Guest Teacher & Practitioner – Ahau Tikal, Flores,

Petén, Guatemala

March - April 2025

Offered open-level yoga sessions to both locals and travelers, focusing on accessibility, presence, and connection.

Yoga Teacher – Paros Island, Greece

May – September 2025

Led group classes on the beach for locals and travelers, integrating grounding flows with a short meditation and pranayama in each session.

Guest Teacher & Practitioner – Beyond Nomad, Ella, Sri Lanka February 2026

Offered open-level yoga sessions to travelers, focusing on stretching after hikes, and embodied awareness.

Guest Teacher & Practitioner – Mirissa Surf Hostel, Mirissa, Sri Lanka

April 2026

Offered beginner sessions to travelers, focusing on poses that assist surfers and mindful practices to find presence.