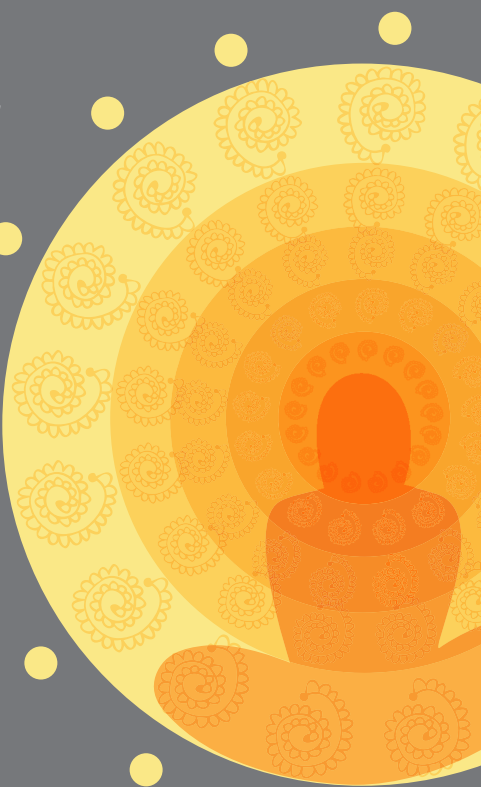
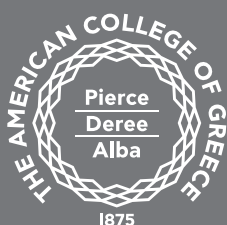




# Mind Body Spirit Fest 2024

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## Connections

October 7-12

**Organized by:**  
ACG Health & Wellness Center

In today's fast-paced and digitally connected world, it's all too easy to overlook the significance of genuine human connection and the sense of belonging that comes from being part of a community. Our Fest focuses on the indispensable role that connection and community play in promoting optimal mind, body and spiritual well-being.

## MONDAY, OCT. 7

- 11:30-15:30 **Experience Connections through the Arts**  
Workshops, exhibitions and games
- 11:30-12:45 **Dancing Mindfulness**  
Tap into the body's healing resources, unlock our creativity, and cultivate a non-judgmental attitude, patience, and acceptance, through creative dance. Working with breath, the senses, the body, sound, and imagery, this workshop provides a holistic approach to mindfulness through movement. *Katerina Drakopoulou, Theatre Arts Instructor, ACG, Performer, Physical Theatre/Movement Trainer, Performance Maker*  
**Black Box Theater**
- 13:00-14:00 **Discoveries**  
Create connections with each other, discuss your discoveries and realize various perspectives on the stops we make as we walk mindfully around campus. Wear comfortable shoes. *Katerina Nikolopoulou, Assistant Professor Theatre Arts, ACG*  
**Meeting point: Main Corridor**

## TUESDAY, OCT. 8

- 11:00-14:00 **Memory Quilt Exhibit**  
The images depicted on the quilt were created by children who have lost their homes. The quilt has been displayed in museums and exhibits worldwide. *Anastasia Ioannidis, Educational Consultant, Founder, Antonios Ioannides Library, Saronida*  
**Main Corridor**
- 11:00-14:00 **ACG Connection Board - How many Ways do We Connect?**  
Live illustrations of connections we share with one another. Where do you fit in? *Alexandra Printezi, Manager, ACG Career Services, Global Career Development Facilitator (GCDF, NBCC), Neurolinguistic (NLP) Practitioner*  
**Main Corridor**
- 12:00-15:30 **Time to Connect with Yourself/Reflexology Sessions**  
Discover the ancient practice rooted in the belief that specific points on the feet, hands, and ears connect to various organs and systems in your body. *Panhellenic Union of Professional Reflexologists (P.U.P.R)*  
**Student Lounge**
- 17:00-17:50 **Pilates Session**  
A special session designed to help you connect your mind, body and soul. All levels welcome. *Sophie Themelis, Executive Coordinator, Wellness, Pilates Instructor, ACG H&W Center*  
**Studio 3/ Deree Gym**

## WEDNESDAY, OCT. 9

- 11:00- 14:00 **Memory Quilt Exhibit**  
The images depicted on the quilt were created by children who have lost their homes. The quilt has been displayed in museums and exhibits worldwide. *Anastasia Ioannidis, Educational Consultant, Founder, Antonios Ioannides Library, Saronida*  
**Main Corridor**
- 11:00-14:00 **ACG Connection Board - How many Ways do We Connect?**  
Live illustrations of connections we share with one another. Where do you fit in? *Alexandra Printezi, Manager, ACG Career Services, Global Career Development Facilitator (GCDF, NBCC), Neurolinguistic (NLP) Practitioner*  
**Main Corridor**
- 12:00-15:30 **Time to Connect with Yourself/ Reflexology Sessions**  
Discover the ancient practice rooted in the belief that specific points on the feet, hands, and ears connect to various organs and systems in your body. *Panhellenic Union of Professional Reflexologists (P.U.P.R)*  
**Student Lounge**

- 14:30-15:30 **Mind Body Connections: Introduction**  
Workshops  
**Center for the Arts/Auditorium**
- 14:30-14:45 **From "Unaware" to "Aware"**  
A unique journey to a deep understanding of how your body works. Discover the Feldenkrais Method to "Make the impossible possible, the possible easy, the easy elegant." *Massimo Galli, Practitioner of the Feldenkrais Method® in Athens*
- 14:45-15:00 **Take a Breath - An Introduction to Breathwork**  
Breathing is essential to life, yet few of us are aware of the true power of our breath and the ways it can impact our mental, physical, emotional and energetic well-being. Join us to explore how breathwork can help us self-regulate and transform stress into strength. *Eleni Vallis, Breath Master, Holistic Coach and Energy Healer*
- 15:00-15:15 **Voodoo or Placebo? EFT Tapping Demystified**  
Experiment with EFT Tapping to stay calm, focused and productive. *Eleni Vardaki, Educational Consultant, Academic Coach & EFT Practitioner*
- 15:15-15:30 **Meet your Living Body**  
Listen to your body and find your oomph and vim, let go of tension, reduce pain, support your immune system, do our life work more efficiently through the Dynamic Embodiment® - Somatic Movement Education & Therapy, developed by Dr. Martha Eddy. *Ioanna Thanou, Architect & Somatic Movement Educator*
- 15:30-16:30 **Mind Body Connections: Applied**  
Find out more through personalized sessions.  
**Center for the Arts/Gallery**

## THURSDAY, OCT. 10

- 14:30-15:30 **Olive Oil Stories**  
A crash course on our 5,000-year old connection to liquid gold. Learn how to choose top quality Extra Virgin Olive Oil. Food sampling. *Pantelis Iliakakis, Olive Oil Taster*  
**Student Lounge**

## FRIDAY, OCT. 11

- 14:30-15:30 **Seeking Meaningful Connections**  
Explore how our shared common assumptions have come to inform our personal compass and have actually undermined our search for meaningful connections. *Elly Pirocacos, PhD Assistant Professor, ACG*  
**Center for the Arts/ Auditorium**

## SATURDAY, OCT. 12

- 6:15-11:00 **Acropolis Sunrise Meditation: Connecting to our Ancestors!**  
Awaken with the sunrise, celebrate the joy of early rising and be inspired through easy exercises to help you relate to mother earth, experience nature, sounds, scents of Athens. A historical background of the Acropolis is presented. An exotic cup of tea is served. *Tobias Myers, PhD, Associate Professor of Classics, Fellow of the Institute for Hellenic Culture and the Liberal Arts, ACG*  
*Sophie Themelis, Executive Coordinator, Wellness, Pilates Instructor, ACG H&W Center*  
**Meeting point: Acropolis Metro Station (red line) at 6:15 am Meditation site: "Vrahakia"**

## All Week



## KNOW THE FACTS PUBLICATIONS

**Connections**  
*Sophie Themelis, Executive Coordinator, Wellness, Pilates Instructor, ACG H&W Center, ACG*

## DISPLAYS/ENGAGEMENTS

- **Connections Photo display**, ACG H&W Center
- **Unlimited Connections/Bridging People** icontap

## FREEBIES

- **Adopt a Plant and Watch it Grow**, ACG H&W Center
- **Connections grounding stone**  
ACG H&W Center
- **Connect with your Inner Child Coloring Book**,  
ACG H&W Center  
**Deree Main Corridor**

Attend sessions on two days and enter a lottery to win luxury gifts from Cocoon Urban Spa, luxury spa in Halandri. All participants receive the exclusive Wellness Center hat.

## STUDENT LIFE EXPERIENCE PROGRAMING

How does this work? What will I learn?

To develop transferable skills, list on your Co-Curricular Transcript and qualify for a Certificate of Participation, attend the sessions on at least 2 days. Receive your Certificate of Participation from the Office of Student Affairs.

### LEARNING OBJECTIVES:

1. Experience a genuine connection with ourselves and others
2. Use art as a tool to discover the many ways we connect with one another
3. Learn about our 5000-year old connection to olive oil and learn how to choose olive oil.
4. Explore how common assumptions affect our ability to connect with one another.
5. Learn about Mind Body Connections: Moshe Felendrais system, Breathing, Handling stress using EFT Tapping, Dr. Martha Eddy Dynamic Embodiment - Somatic Movement Education & Therapy
6. Practice Pilates to help you connect your mind, body and soul
7. Explore how technology has influenced how we connect with one another
8. Experience a connection with Classic Greece at the Acropolis
9. Meditate and connect to mother earth
10. Participate in a photo display depicting Connections

### SPECIAL THANKS:

- Deree Media Center, ACG
- Marketing and Communication Office, ACG
- Frances Rich School of Fine and Performing Arts, ACG
- Office of Career Services, ACG
- Office of Operations, ACG
- Office of Public Affairs, ACG
- Office of Procurement, ACG
- Saronida Library "Antonios Ioannidis"
- Student Assistants & Student Volunteers, ACG
- Technical Services, ACG

Supported by

