

## THURSDAY 10/10



**Pantelis Iliakakis**  
*Olive Oil Taster*

After graduating from Deree with a Bachelor degree in Marketing Management in 1995, he started working in the telecommunication sector for Vodafone (it was called Panafon back then), for Vivodi and finally for HOL. After 15 years in telecommunication he had a small but really pleasant break in his career when he worked briefly in the

Admissions office of Deree. The huge turn in his career was when he met Aris Kefalogiannis, founder of GAEA company and this is how he was introduced to the food industry and especially in the healthy world of Olive Oil as an Export Sales Manager. My task was to educate our business partners around the world of how a top quality EVOO should smell and taste like and why it has healthy attributes. The idea of educating the other part of the circle (the end consumer), on how to choose and demand a quality product, led him to start the Olive Oil Bar in 2017 and since then, more than 2500 people now know how to taste and distinguish top quality EVOO (Extra Virgin Olive Oil).

## FRIDAY 11/10



**Elly Pirocacos**  
*PhD Assistant Professor, ACG*

Elly Pirocacos is a philosophy professor focused on issues pertaining to the human condition in the broad area of meaningful lived life. She earned her MA and PhD in philosophy from the University of Kent at Canterbury and has authored *False Belief and the Meno Paradox*, *The Pedagogic Mission*, *Thinking About Ethics* and is presently working on *Stoic Agitator*.

## SATURDAY 12/10



**Tobias Myers**  
*PhD, Associate Professor of Classics, Fellow of the Institute for Hellenic Culture and the Liberal Arts, ACG*

Tobias Myers is a classicist specializing in Homer, and is interested more broadly in ancient poetry, magic, religion, and the history of ideas. He received his PhD in Classics from Columbia University, and is the author of *Homer's Divine*

*Audience* (Oxford 2019). His current research includes work on a new book about self-knowledge in the *Odyssey*. Tobias taught for eight years at Connecticut College as an Assistant and then Associate Professor, where he received in 2019 the King Award for Excellence in Teaching. He joined the Deree faculty in 2021. As a longtime meditator, and certified yoga teacher, Tobias is delighted to be participating in the Mind, Body, Spirit Fest.

## EVENT MODERATOR



**Christina Drakonakis**  
*MA/MPH Associate Dean of Students*

Christina has over 25 years of administrative experience in higher education and the healthcare field. She was born and raised in the United States. She has a BS in Biology from the University of Connecticut, an MA in Medical Science from Boston University School of Medicine, an MA in Public Health from Boston University School of Public Health, a

Professional Certificate to teach Biology in secondary education from Fairfield University and an Emergency Medical Technician Certification from Gateway College. Christina is currently the Associate Dean of Students at Deree and the head of the ACG Health and Wellness Center. She balances life's challenges on sunny days with hard labor in her garden and on days when the weather doesn't cooperate, with watercolor painting and a good book.

# MEET YOUR SPEAKERS

## MIND BODY SPIRIT FEST 2024

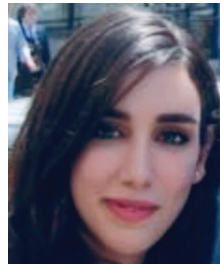
## MONDAY 7/10



**Katerina Nikolopoulou**  
*Assistant Professor Theatre Arts, ACG*

Katerina received a BA in *Theatre Arts - Creative Drama* from Hunter College CUNY and an MA in *Theatre Directing and Creative Drama* from New York University. In 2014, she completed a second MA on *Human Rights and Education* at the National and Kapodistrian University of Athens, Greece.

Katerina has directed plays in both New York and Athens and has organized and taught workshops on Creative Drama for several different educational and artistic institutions in both cities; among others, ENACT for the *Board of Education*, NYC, and in Athens, a series of workshops for amateur theatre groups. She has also worked with juvenile offenders, single-parent households and other marginalized social groups through the *Ministry of Culture*. Aside from Katerina's long-lasting interest in Theatre games and Performance as an act of social import, her most recent research interests have, at the present time, expanded to include the area of Professional Communication. She has been a full-time faculty member at the American College of Greece since 1999.



**Kalliopi Maria Sarri**,  
*Senior Specialist, Student Affairs, ACG, Health Coach through the Arts*

Kalliopi was born in California and raised between the U.S. and Greece. She holds a double BA in Human Biology and International Relations from Brown University, graduating with honors. She trained in acting at the Stella Adler Studio of Acting in New York City and is a certified

health coach specializing in mindfulness through the arts. With experience in art therapy youth outreach programs in NYC and Athens, including work with the Muscular Dystrophy Association, Kalliopi is passionate about holistic well-being, human health, and the creative process as a healing tool. Kalliopi currently serves as a Senior Specialist at the Office of Student Affairs at Deree College.



**Katerina Drakopoulou**  
*Theatre Arts Instructor, ACG, Performer, Physical Theatre/Movement Trainer, Performance Maker*

Katerina is a performer, physical theatre/movement trainer, and performance maker. Following the completion of her studies (MA in Ensemble Physical Theatre, University of Huddersfield; MA in Performance,

Goldsmiths College; BA in Drama and Theatre Studies, University of Kent) she worked as a lecturer at various universities in England. Katerina has performed in Greece, England, Japan, and the U.S. Her practice draws from her extensive training in Physical Theatre and Butoh dance, and she has collaborated as a dancer with renowned Butoh artists, such as Tetsuro Fukuhara, Valentin Tszin, Katsura Kan, and the Torifune Butoh-Sha company. Her work focuses on the relationship between time, space, and body, and in the making of poetic landscapes in the "here and now" that capture and elucidate the beauty of the everyday, the unexpected, and the accidental. <https://22stops.com/> Since 2019 Katerina teaches Movement and Physical Theatre at the American College of Greece. Her research interests include: Psychophysical performer training and in particular training and rehearsal vocabularies in the intersection between "theatre" and "dance", Butoh dance and the relationship between the Butoh body, space and voice, Improvisation and intuitive sensory movement processes, Site-specific performance, Performance-making and contemporary devising practices.

**TUESDAY 8/10 & WEDNESDAY 9/10**

**Anastasia A. Ioannidis**  
*Educational Consultant, Founder,  
Antonios Ioannides Library, Saronida*



Anastasia is a teacher and an educational consultant who has been working with children and adults since 1982. Her studies, in Europe and the USA, included History and International Relations; Government of Western Europe, and Education. She is a member of national and international

groups (IDAFK, Y.Vin A, Red Cross, Mozart Association, Saronikos Cultural associations, Lions International). She has initiated and attended workshops, lectures and volunteer actions on protection/support of citizens and animals, cultural heritage and history, oral history, organizing and setting up emergency plans. Anastasia created the Antonis Ioannidis Library, Saronida, which opened its doors in 2019 and the Little Bear's Free Libraries and teaching material. She set up the Young Volunteers in Action group in 1984 which was granted the Active Citizens of Europe Award 2011, the Medasset Award Protecting Marine Biodiversity in 2015 and the Voluntary Action Skywalker Education Award 2019, 2023 and 2024. Anastasia was honoured with the Webster University Alumni Association, Vienna Austria, Bronwyn K. Mitterecker Memorial Alumni Award 2012 for Community Service. She initiated the Kinoniki Imatiothiki - Apothiki. Anastasia collaborates with the local community and the Municipality of Saronikos, is a Red Cross Volunteer and IDAFK head trainer. She believes in education and its importance and for this reason all voluntary activities she organizes are to support learning and understanding for a better tomorrow.

**Alexandra Printezi**  
*Manager, ACG Career Services,  
Global Career Development Facilitator  
(GCDF, NBCC), Neurolinguistic (NLP)  
Practitioner*



With a genuine interest to see potentiality in people, Alexandra seeks to foster an environment where her clients are encouraged to pursue their personal development. Serving as a Career Counselor for the last 17

years at ACG, she studies people and their stories with respect. Alexandra's mixed background in English Literature and Applied Arts from the ORNERAKIS School of Arts has grown her into an inventive educator. Her creative ability allows her to make customized learning flashcards with resourceful drawings to facilitate different ways of learning, she has been listening to people's words to detect their motives and true colors.

**TUESDAY 8/10 & SATURDAY 12/10**

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



Born and raised in Amman, Jordan. With a BA in Dance and a strong background in exercise, meditation and wellness, she has been working since 1990 at Deree as a group fitness instructor, faculty member, Recreational Sports Coordinator and finally Executive Coordinator, Wellness.

Her expertise in group fitness and personal training enabled her to work in spas and sports clubs in Greece and Jordan and had a daily fitness program on Jordanian National Television. She has participated in congresses and seminars in Greece and abroad with the latest being: The Pilates Coach-Germany, The Physicalmind Institute/The Method Pilates -U.S.A, Grounding, Reiki, Biosynthesis, Pranic Healing Light- Greece. She has been a member of IDEA (The Health and Fitness Source) since 1998. Sophie speaks Arabic, English, French and Greek

**WEDNESDAY 9/10**

**Massimo Galli**  
*Practitioner of the Feldenkrais  
Method® in Athens*



After having achieved his degree in Geology, Massimo has gradually changed the orientation of his interest to the fields of Psychology and the Wellness attending at first a 4 year training in Transactional Analysis Therapy. While working he continued exploring different types of approaches

to self-improvement and self-analysis. In 2011 Massimo completed the 4 year Professional Training in the Feldenkrais Method® in Italy under the guidance of Dr. Eilat Almagor and Anat Krivine and attended various advanced workshops for Feldenkrais teachers. Having developed almost 15 years of experience he has worked in Athens for the last 10 years as a certified Feldenkrais teacher, teaching Functional Integration® and Awareness through Movement® lessons to adults, teenagers and children.

**Ioanna Thanou**  
*MSc, CTBMD, DEP, Architect & Somatic  
Movement Educator*



Ioanna is a registered somatic movement educator (RSME), certified in BodyMind Dancing™ & Dynamic Embodiment® methods, and co-founder of the AOMM studio - Architectural Objects & Mindful Movement, for the concept, design and fabrication of somatic friendly and

eco-conscious objects for well-being. Ioanna was born in 1990 in Athens. She is a graduate of the Department of Architectural Engineering of the Technical University of Crete (TUC) and an alumni of Pierce College. She has been living in Paris since 2016. From 2017-2021 she worked at the Mines ParisTech-Technical University as a research engineer, in the management and curriculum development of the professional postgraduate Master AIMove (AI and human movement). She pursued independent training in contemporary dance and performance (2015) with renowned teachers in Europe, US and circus in France (2017).

**Eleni Vardaki**  
*Educational Consultant, Academic  
Coach & EFT Practitioner*



Growing up in many countries (Zimbabwe, North Sudan, Belgium, Pakistan, Russia) gave Eleni the opportunity to start practicing mindfulness and meditation for stress management as a teenager. She is a UK-qualified teacher (Cambridge University, PGCE & MEd)

and therapeutic coach (EFT International, Level 3). Eleni loves coaching students to help them deal with their panic attacks, exam anxiety, procrastination and fear of failure in order to achieve their academic goals using body-based Emotional Freedom Techniques, also known as EFT Tapping.

**Eleni Vallis**  
*Breath Master, Holistic Coach and  
Energy Healer*



Eleni brings 25 years of experience in personal growth to her deep work as a holistic coach, breath master and energy healer. She has extensive experience in meditation, mindfulness, and holistic practices, studying, experimenting and participating in seminars with some

of the world's top gurus and mentors (Louise Hay, Wayne Dyer, Dr. Joe Dispenza, Eckhart Tolle, Byron Katie, Marianne Williamson, Deepak Chopra, Esther Hicks and others). Eleni has applied this knowledge in her personal as well as professional life, in the areas of education, parenting, performance, business and wellness tourism. Education & Certifications: Holistic and ICF Coach - Level 2 (Principles Coaching Academy), Business consultant (Insight Principles Institute), Breath master (functional, somatic, rejuvenating and 9D breathwork), Energy healer (Reiki, Electromagnetic Field, Theta Healing and Electroacupuncture), Executive MBA (ALBA Graduate Business School), BA in Economics and Political Science (Bryn Mawr College/USA, Deree College/Athens), Cambridge CELTA (British Council).