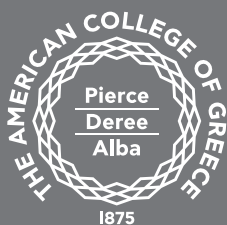




Mind Body Spirit Fest 2021



Resilience

October 5–9

Organized by: ACG Health & Wellness Center

Personal issues, experiences and trials continue to change our lives. By re-examining our priorities and finding ways to overcome hurdles we recognize what brings true meaning to our life. Through workshops, talks, photo displays, poster exhibits, publications, social media posts, freebies and much more the MBS Fest offers you opportunities to build life skills and acquire resiliency tools to help you cope with confidence and excel in our new reality.

TUESDAY, OCT. 5

14:10– 15:10 **BONE MARROW DONATION: A GREAT GIFT OF LIFE**
Dr. Ifigeneia Tzannou, MD. PC '94

ACG Events Hall

WEDNESDAY, OCT. 6

11:30-12:20 **BUILDING RESILIENCE WITH YOGA**
Through a Hatha Yoga practice specifically designed to lower cortisol levels resulting from stress and anxiety, Lucy will take us to another level of resilience. Bring your towel. Open to all fitness levels.

Lucy Konstantinides, Trainer, Group Fitness Instructor, Office of Athletics

Studio 3 Gym

14:30–15:30 **KINTSUGI WORKSHOP: REPAIR OBJECTS WITH GOLD**
Learn to appreciate imperfections through a hands-on workshop using Kintsugi, the Japanese art that through repairing broken objects celebrates flaws and highlights unique beauty.

Christina Themelis, DC '87, Professional Translator, Artist

STORIES OF DESPAIR AND HOPE

Katerina Psarropoulou, PhD, Psychology Instructor, ACG Moderator: Christina Drakonakis, Associate Dean of Students, Office of Student Affairs, Head, ACG H&W Center

ACG Events Hall

18:00–18:50 **HARDCORE ON THE MAT**

Pilates is more than physical exercise it can radically enhance mental, emotional and spiritual wellbeing. A powerful antidote that will help cultivate acceptance and resiliency. Bring your towel. No experience necessary. Andromachi Katsafadou, Fitness Coach, Group Fitness Instructor, Office of Athletic

Studio 3 Gym

THURSDAY, OCT. 7

14:10– 15:10 **RESILIENT LIVES – FACETS OF RESILIENCE**
Students and alumni of the College community will share life stories and explore facets of resilience in a panel discussion. Join us and be inspired!

- Rusul Abdal Qadar, Deree student
- Fraimy Athanasopoulou, Deree student
- Lilian Psylla DC '19, PR Professional, Ogilvy
- Nourhan Shahin, DC '17, Marketing and PR Executive
- Hassan Oksuz, DC '21, Staff, ACG Housing

Moderator: Katerina Psarropoulou, PhD, Psychology Instructor, ACG

Moderator: Sophie Themelis, DC '83, Executive Coordinator, Wellness, Pilates Instructor, ACG H&W Center

ACG Events Hall

FRIDAY, OCT. 8

12:00-13:00 **DEMONSTRATE YOUR RESILIENCE AT AN INTERVIEW**
Identify areas where you have shown resilience and learn how to demonstrate them during an interview. Discover how you can use video interviews to practice and receive feedback on your performance.

Marina Perantonaki, DC 2000, Senior Manager, Office of Career Services

ACG Events Hall

14:30-15:20 **TEST YOUR RESILIENCE: PLANK, TEASER, DOWN DOG, THE SHOUT, AND SILENCE**

Test your resilience by using the power of your mind, body and spirit. Feel confident, empowered, in control and resilient.

Wear comfortable clothing, bring your towel
Sophie Themelis, DC '83, Executive Coordinator, Wellness, Pilates Instructor, ACG H&W Center

Deree Front Lawn or Student Lounge (rain site)

SATURDAY, OCT. 9

6:15 -11:00

SOLID AS A ROCK: ACROPOLIS SUNRISE MEDITATION

Awaken with the sunrise, celebrate the joy of early rising and be inspired through easy exercises to help you ground, stabilize and strengthen yourself. Cultivate a sense of flow in life with calmness, less fear and more resilience.

Historical background of the Acropolis is presented.

An exotic cup of tea is served.

Facilitators:

Tobias Myers, PhD, Associate Director, Institute for Hellenic Culture and the Liberal Arts, ACG
Sophie Themelis, DC '83, Executive Coordinator, Wellness, Pilates Instructor, ACG H&W Center

Meeting point: Acropolis Metro Station (red line) at 6:15 am
Meditation site: "Vrahakia"

OCTOBER 5-8, 11:00-15:00

Deree Main Corridor

Displays

ACG during COVID 19: Documenting History in the Making

A community archiving project that aims to document and preserve the unique experience of the pandemic.

Demetra Papaconstantinou, Ph.D., College Archivist, ACG Archives and Special Collections

Inspirational Thoughts, ACG H&W Center

Interactive Mural: What do you do when things are going terribly wrong? Health & Social Awareness Club

Resilience Photo Display, ACG H&W Center

Reuse@ACG Community Exchange Platform: Extend the lifetime of pre-loved items!

Give a second life to items you no longer need by offering them to people that need them and get into the habit of using second-hand items before buying anything new. Reusing is easy, practical, clever and it feels good! Because ACG Cares!

Office of Public Affairs

Social Media, "Pizza Talks": Videography Club

Take a quiz:

What makes you resilient? & Resilience Assessment



Veganism: A Resilient Lifestyle, ACG Sustainable Development Goals Student Hub

Freebies

Bamboo Shoots – Bend, don't Break! ACG H&W Center

Pasteli - Snack for Resilience, ACG H&W Center

Mascot: Camel Book Markers, ACG H&W Center

Bee Resilient, Apivita

Solid as a Rock Grounding stone and message, ACG H&W Center

Mandala Coloring Book, ACG Health & Wellness Center

Know the Facts, ACG H&W Center

Stay Resilient with Pilates & Meditation

Deree Gym, Deree Pool

11:00-21:50

Being Fit: Prerequisite for Resilience

(Days & Times separate attachment)

- Aqua Fitness, K. Oikonomidou, Swim Instructor, Office of Athletics
- Body Sculpt, Total Fitness, Pilates Mat, Outdoor/Indoor Conditioning, A. Katsafadou, Fitness Coach, Group Fitness Instructor, Office of Athletics
- Yoga, Abs & Legs, Zumba, L. Konstantinides, Trainer, Group Fitness Instructor, Office of Athletics
- TRX, D. Lioussis, Fitness Coach, Group Fitness Instructor, Office of Athletics
- Power Pilates, S. Themelis, Executive Coordinator, Wellness, Pilates Instructor, ACG H&W Center

Find Group Fitness Class schedule here



*Attend any two events and enter a draw to win one of three luxury gifts from Cocoon urban spa, Halandri. Each gift is open for two people.

Student Life Experience Programing

How does this work?

1. **Register at each event.**
2. **To list on your Co-Curricular Transcript and qualify for a Certificate of Participation, attend at least one of the two sessions below:**
 - Kintsugi Workshop/ Stories of Despair and Hope (Wednesday, 6/10 @ 14:30)
 - Resilient Lives – Facets of Resilience (Thursday, 7/10 @ 14:10)**and at least one session of:**
 - Building Resilience with Yoga (Wednesday, 6/10 @ 11:30)
 - Hardcore on the Mat/ Pilates (Wednesday, 6/10 @ 18:00)
 - Test Your Resilience: Plank, Teaser, The Shout, Silence (Friday, 8/10 @ 14:30)
 - Solid as a Rock: Acropolis Sunrise Meditation (Saturday, 9/10 @ 6:00)
3. **What's in it for me? What will I learn?**

Through the Student Life Experience Programming, Deree students develop transferable skills that will appear on their Co-Curricular Transcript.

“Resilience” learning objectives:

1. Recognize that resilience is our ability to bounce back from the difficulties in life and is not about avoiding the problems and stress, but rather learning to thrive within them.
2. Understand that difficulties and problems are not necessarily a curse and overcoming them is a blessing; a tool of growth and evolving.
3. Understand the link between Resilience and practicing Pilates & Meditation and get inspired through exercises that help us feel strong, stable, grounded and resilient.
4. Cultivate an attitude of survivorship by following a healthy lifestyle: nutrition, exercise, stress release, resting connecting with nature and meditation.
5. Be inspired by how others approach difficulties in their lives.
6. Understand the importance of staying calm and focused despite difficulties, uncertainty, fear, stress, anxiety. Understand there is a way to handle it.
7. Practice Yoga and Pilates to prepare your mind, body and spirit to be resilient.
8. Understand the importance of adjusting job/internship search and networking according to the new virtual workplace; gain an overview of platforms available.
9. Discover Kintsugi the Japanese art of repairing objects and recognize that sometimes in the process of repairing things that have broken, we actually create something that is even more unique, beautiful and resilient.
10. Cultivate a belief in our ability to cope.
11. Participate in a photo display depicting resilience.

We look forward to seeing you there!

Special thanks:

- ACG Sustainable Development Goals Student Hub
- Deree Media Center, ACG
- Health & Social Awareness Club, ACG
- Marketing and Communication Office, ACG
- Office of Athletics, ACG
- Office of Career Services, ACG
- Office of Development and Alumni Relations, ACG
- Office of Operations, ACG
- Office of Public Affairs, ACG
- Office of Procurement, ACG
- Technical Services, ACG
- Videography Club, ACG

Supported by:

