Mind
Body
Spirit
Fest 2022

Evolving Relationships

October 4–8

Organized by:
ACG Health & Wellness Center
Center of Excellence in Sustainability
Department of Science and Mathematics
Through workshops, talks, displays, poster exhibits, publications, social media posts, freebies and more, the MBS Fest will raise awareness of the importance of healthy relationships with one’s self, with others, with technology, with animals, nature and all life forms.

**TUESDAY, OCT. 4**

**14:10-15:10** Nature is Our Home Workshop*  
**Earth Song**  
ACG Community Choir  
Directed by Effie Minakoulis, Assistant Professor, Music, Deree – ACG  
Deree Music Society  
Advisor: Leslie Jones, Assistant Professor, Head of Music Department, Deree – ACG

Animal Movement  
A practice designed to help us connect with animals: cats, dogs, monkeys, snakes, etc.  
Lucy Konstantinidis, Trainer, Group Fitness Instructor, Office of Athletics, ACG

Unconditional Love  
Be guided with meditation to bless Mother Earth and all beings! Hug a tree and learn how to give and receive love without measure.  
Sophie Themelis, DC ’83, Executive Coordinator, Wellness, Pilates Instructor, ACG H&W Center

**Deree Front Lawn**

**WEDNESDAY, OCT. 5**

**11:00-15:00** A Short Pause with Paws  
Experience the human-canine connection  
Deree Student Association

**14:30-15:30** He, She, and Everyone In-Between and Beyond: Appreciate your Uniqueness*  
A Human Genetics perspective on sex identity and not only  
Paraskevi Papadopoulou, PhD, Professor, Head of the Department of Science and Mathematics and the Biomedical Sciences Program, Deree – ACG

**Center for the Arts Auditorium**

**15:30-16:30** Speed Dating  
Meet new friends, have fun  
Deree Student Association

**Deree Student Lounge**

**THURSDAY, OCT. 6**

**14:10-15:10** Street Survival (Self-Defense Workshop for the Fainthearted) *  
Development of situational awareness and basic survival skills in everyday life; making use of simple self-defense techniques for personal protection.  
Antonis Balatsias, Senior Instructor, Adjunct Senior Trainer, International Law Enforcement Academy

**Deree Student Lounge**

**FRIDAY, OCT. 7**

**13:30-14:20** What is Reality? Could XR, VR, AR and MR Realities Change the Human Connection? *  
Explore Extended Reality (XR) as shaped by Virtual Reality (VR), Augmented Reality (AR), and Mixed Reality (MR). Can Artificial Intelligence (AI) be combined with XR?  
Paraskevi Papadopoulou, PhD, Professor, Head of the Department of Science and Mathematics and the Biomedical Sciences Program, Deree – ACG

**Deree Student Lounge**

**14:30-15:30** Nature and Us: An Intimate Relationship*  
A journey through religions, beliefs, philosophical ideas, arts, and social movements  
Stella Apostolaki, PhD, Assistant Professor and Program Coordinator, Environmental Studies Program  
Executive Director of the Center of Excellence in Sustainability, ACG

**Center for the Arts Auditorium**
SATURDAY, OCT. 8
06:15-11:00
Acropolis Sunrise Meditation & City Walk*
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. 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 06:15 am
Meditation site: “Vrahakia”

W 11:50-15:00
R 13:30-13:40
THEATRICAL SKETCHES
Interpersonal Relationships as presented by Deree Students
Deree students act out scenes from everyday life. Watch, observe and think… Do you identify with any of these situations?
Directed by Katerina Nikolopoulou, Assistant Professor, Theater Arts, Deree – ACG
Deree Level 5 Corridor

All Week
KNOW THE FACTS PUBLICATIONS
Relationships
No, It’s not OK!
Sophie Themelis, Executive Coordinator, Wellness, Pilates Instructor, DC’83, ACG H&W Center, ACG

DISPLAYS/REFLECTIONS/ENGAGEMENTS
• Adopt a Pet: Save a Greek Stray
• Endearing Moments with Pets Photo Display, ACG H&W Center
• Nature and Us: An Intimate Relationship Display, Virtual Exhibition “Environment and Nature through the eyes of famous artists” By Vasiliki Christoforidou, Center of Excellence in Sustainability & International Honors Program
• No, It is not OK! Display, Dere Student Association
• A Human Genetics Perspective on Sex Identity and Not Only, BMS Society students Directed by Maria Adamopoulou, PhD, Assistant Professor, Department of Science and Mathematics, Deree – ACG
• Extended Reality (VR, AR, MR) and Interpersonal Relationships BMS Society students, Directed by Alexia Polissidis, PhD, Assistant Professor, Department of Science and Mathematics, Deree – ACG

FREEBIES
• Adopt a Plant, Give & receive love and watch life transformed
• Love-Hate Relationship Jar, Chocolate spread sample and secret recipe, ACG H&W Center
• APIVITA Self-care
• YUMTALES Tasty & Healthy Snacks
• Relationships Grounding stone and message, ACG H&W Center
• Mandala Coloring Book, ACG Health & Wellness Center
Deree Main Corridor
Attend any two starred events (*) and enter a lottery for a chance to win:

- One of three sessions for two people from Cocoon Urban Spa, luxury spa in Halandri
- One of three gifts from Apivita, Greek natural beauty care products

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 at least 4 starred sessions (*). Receive your Certificate of Participation from the Office of Student Affairs.

Learning objectives

- Recognize the difference between healthy, unhealthy and abusive relationships (with family, friends, romantic partners)
- Understand difference between sex identity and gender identities
- Recognize how humans and the environment are interrelated
- Experience nature, meditating, taking care of yourself, spending time with animals
- Enhance interpersonal communication skills, body language, concentration, mindfulness
- Acquire the empowering skill of self-defense
- Understand how new realities (VR, AR, MR, AI) are changing how we relate to each other

Special thanks

- Deree Media Center, ACG
- Deree Student Association, ACG
- Marketing and Communication Office, ACG
- Office of Athletics, ACG
- Office of Operations, ACG
- Office of Public Affairs, ACG
- Office of Procurement, ACG
- Technical Services, ACG

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