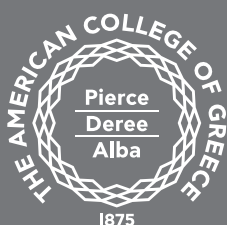




Mind Body Spirit Fest 2022



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

Deree Front Lawn

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

THEATRICAL SKETCHES

R 13:30-13:40

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,** Deree 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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