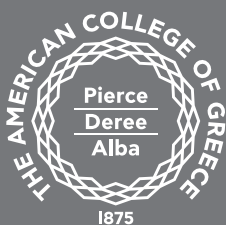




Mind Body Spirit Fest 2025



Small Luxuries

October 6–11

Organized by:
ACG Health & Wellness Center

“Luxury” is a word that implies a relatively large consumption of wealth for nonessential pleasures. There is, however, no absolute definition of luxury, for the conception is relative to both time and person. A luxurious lifestyle implies surrounding yourself with the finest things in life, exquisite products and 5 star services that are tailored to your personal preferences.

On the other hand, a small luxury is not necessarily expensive but is something that brings a spark of joy, beauty, or delight to your day and a special meaning to the moment. Our fest explores small luxuries that have an almost unquantifiable impact on our lives.

MONDAY, OCT. 6

- 11:00-14:00

Is your Health a Luxury?

Aligned with the latest health guidelines, at the “One-Stop Health Checkup” booth, we’re bringing essential health screenings directly to you: cardiovascular risk assessments, blood pressure checks, BMI calculation, visual acuity testing, blood cholesterol and 2-hour fasting glucose measurements and Tik Tok Addiction Scale. This proactive service provides early detection and personalized advice. Your well-being is not a luxury—it’s a priority.

Elina Grana PhD, Head Nurse APC, ACG Health and Wellness Center

Student Lounge
- 12:00-15:30

Small Luxuries/ 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

TUESDAY, OCT. 7

- 12:00-15:30

Small Luxuries/ 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
- 12:00-15:30

Spa Treats

Unwind, relax, indulge, awaken your senses and enhance your health and wellness. It is simple, economical and can be done in the privacy of your home.

ACG Health and Wellness Center

Student Lounge
- 12:00 -15:00

La Vie En Rose: Where wellness meets elegance - Be pampered by the experts!

La Vie En Rose by Dimitra Katsafadou is a Greek company that believes true luxury lies in authenticity, care, and giving. Rooted in natural ingredients and scientific research, it offers high-quality cosmetics that promote wellness and self-love. Ms. Katsafadou beautifully states “The meaning of life is to find your gift. The purpose of life is to give it to people.” In this spirit, La Vie En Rose supports the idea that the greatest small luxury a human being can offer is the gift of giving, through kindness, empowerment, and honest beauty.”

Student Lounge
- 13:00-13:50

Reflexology Techniques for Daily Life

An introductory journey into Reflexology, its history, benefits and applications for daily use and a hands-on workshop to learn simple but powerful reflexology techniques to practice with your family and friends.

Aliki Vythoulka, President, Panhellenic Union of Professional Reflexologists, Certified Reflexology Instructor

Student Lounge
- 17:00-17:50

Pilates Session

Treat yourself to a special session designed to balance your mind, body and soul. All levels welcome.

Sophie Themelis, Executive Coordinator, Pilates Instructor, ACG Health and Wellness Center

Studio 3/ Deree Gym

WEDNESDAY, OCT. 8

- 12:00-15:30

Small Luxuries/ 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

Calm your Monkey Mind and Flow with Live Music

Meditating with live music helps you focus on the present moment and reach inner peace.

Effi Minakouli, Assistant Professor, Music Director of the ACG Community Choir, ACG

Sophie Themelis, Executive Coordinator, Pilates Instructor, ACG Health and Wellness Center

Zen Garden

THURSDAY, OCT. 9

- 14:30-15:30

To Rizogalo tis Yiayas: Grandma’s Rice Pudding

A cooking demonstration and sampling of a simple traditional desert prepared with love.

Christina Mylona, Pioneer Traditional Dairy Producer, Kamena Vourla

Student Lounge

FRIDAY, OCT. 10

- 14:30-15:30

Moments that Matter: Finding Luxury in the Everyday

Join us for a picnic with freshly baked bread, butter and homemade apricot jam and reflections on small luxuries.

Christina Drakonakis, Associate Dean of Students, ACG Health and Wellness Center

Zen Garden

SATURDAY, OCT. 11

- 6:15-11:00

Acropolis Sunrise Experience: Where Time Stands Still

Experience the sound of stillness, celebrate the joy of early rising with flowing movement. The ancient grounds of Acropolis will meet you where you are, to pause, listen and feel. Reflect with a Classics scholar at the crossroads of history, culture, and philosophy; a place where you can feel the connection to the ancient world and to ideas that still resonate today. An exotic cup of tea is served.

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

Chrisilia Faki, Sound Healer, Art Psychotherapist, Artist

Sophie Themelis, Executive Coordinator, Pilates Instructor, ACG Health and Wellness Center

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

All Week

KNOW THE FACTS PUBLICATIONS

Small Luxuries

Can Small Luxuries make us happier?



Spa Treatments at home



Your Well-Being is Not a Luxury, it is a Priority

Always Tired



The Art of Sleep



Sexually Transmitted Infections



Proper Posture



Deree Chooses the Mediterranean Diet



Start Living, Stop Smoking



Health Prevention Across the Lifespan



Find Your Inner Peace



All Week

DISPLAYS/ENGAGEMENTS

- **Small Luxuries Photo Contest,**
ACG Health and Wellness Center
- **Care Package Interactive Display,**
*Phoebe Kainourgiou, Visual Arts student, Deree
Dere Main Corridor*

All Week

FREEBIES

- **Adopt a Plant and Watch it Grow,**
ACG Health and Wellness Center
- **Small Luxuries Grounding Stone and Message,**
ACG Health and Wellness Center
- **Mandala Coloring Book,**
*ACG Health and Wellness Center
Dere Main Corridor*

Attend sessions on two days and enter a lottery to win gifts from Cocoon Urban Spa, Halandri and La Vie En Rose. 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. Learn the tools/ways to fill your life with naps, flowers, books, teas, fluffy towels and anything your soul fancies and enjoy the small luxuries of your life!
2. Appreciate how a small luxury brings a spark of beauty, hope, inspiration, delight or joy to your day.
3. Practice Pilates and recognize the luxury of performing an exercise that involves your mind, body and soul.
4. Feel the connection to ancient Greece and to ideas that still resonate today.
5. Discover how to calm your mind amidst this chaotic world with the help of live music.
6. Participate in a photo display depicting Small Luxuries

SPECIAL THANKS:

- Deree Media Center, ACG
- Marketing and Communication Office, ACG
- Office of Procurement, ACG
- Student Assistants & Student Volunteers
- Technical Services, ACG

Supported by

