

# MEET YOUR SPEAKERS

## MIND BODY SPIRIT FEST 2025

### MONDAY 6/10

**Elina Grana**

*PhD, Head Nurse, Health  
and Wellness Center, ACG*

Elina is the Head Nurse at the Aghia Paraskevi Campus of The American College of Greece, where she has served since 2017. She holds a degree in Nursing, a Master's in Community Nursing, and a PhD in Occupational Hygiene. With over 14 years of experience across corporate and educational environments, Elina has overseen thousands of medical incidents and emergencies. She is deeply committed to health, safety, and prevention, regularly delivering health promotion seminars on first aid, ergonomics, and wellness to students and staff. Beyond her professional dedication, Elina finds joy in life's simple luxuries—especially spending time with loved ones and watching the colors of the sunset shift from day to night.

### TUESDAY 7/10

**Aliko Vythoulka**

*President, Panhellenic  
Union of Reflexologists,  
Certified Reflexology Instructor*

Aliko was born in Melbourne, Australia to Greek parents. In 1992 she moved to Europe, lived and worked in Greece and Italy before moving to the UK in 1999 where she trained in Holistic Therapies. Reflexology was the modality that attracted her the most so she went on to further training in UK completing the AOR Practitioner Certificate with distinction. She further developed her skills in Reflexology by training in Vertical Reflex Therapy- VRT, Advanced Reflexology Techniques -ART, Hand Reflexology. As an adjunct to Reflexology, she also trained in EFT – Emotional Freedom Technique, Australian Bush Flower Essences. In 2004 she moved to Barcelona, Spain where she continued her studies, training in Cranio-Sacral Reflexology, Precision Reflexology, Soku Shin Do – Japanese Reflexology, Spondylotherapy – Spine Reflexology, and Neuro Muscular Reflexology. She also trained in Metamorphic technique, Reiki, Phytotherapy, Dietetics and Nutrition. In 2006 she became secretary of EDiREFLEX and in 2011 she was elected as president of the EDiREFLEX Association. In 2016 Aliko moved to Zakynthos, Greece. In 2017 she was elected Vice president of EDiREFLEX. In July 2020 she resigned from her position at EDiREFLEX and in November 2020 she was elected Vice President and in November 2021 she was elected as President of the Panhellenic Union of Professional Reflexologists in Greece. Aliko has been a therapist since 2001, and is an accredited tutor of VRT – Vertical Reflexology and Precision Reflexology. She teaches in Greece and Spain.

**TUESDAY 7/10. WEDNESDAY 8/10. SATURDAY 11/10****Sophie Themelis**

*Executive Coordinator, Wellness, Pilates Instructor, ACG Health and Wellness 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 8/10****Effi Minakoulis**

*Assistant Professor, Choir Director, ACG*

Ptychion in French Literature, National Kapodistrian University of Athens; Ptychion of Classical Guitar, National Conservatory; Diploma of Classical Singing, Kodaly Conservatory; Postgraduate Diploma in Early Music (Lute/Voice), Guildhall School of

Music and Drama; Master MMus in Historic and Systematic Musicology, National Kapodistrian University of Athens. Effi has been teaching Music History, Music Appreciation, Musical Theater Performance Skills, Issues in Performance, Music in the Community and Applied Singing at ACG since 1998. She is the Music Director the ACG Community Choir. As a lute player she has collaborated with most Greek orchestras and has participated in the performance and the recordings of Handel's "Oreste", "Arianna in Creta" "Tamerlano" (Echo Klassic Award for best recording of 18th c Opera ) and "Giulio Cesare" for the German company MDG. As a singer she actively promotes the vocal music of the 16th and 17th centuries. She has recorded a CD entitled "Nativita di Christo" in collaboration with the Music Department of ACG and a CD entitled "Lovely Echoes" in collaboration with SPIZA. In 2018 she recorded a CD of 17th century Italian vocal music entitled Vita Segreta Musica Segreta with the ensemble Canto Soave of which she is a founding member. She has collaborated with the Megaron Athens Concert Hall in the presentation of Sunday Morning Concerts for young listeners, the Friends of the Greek Island and Sea organizing and leading interactive musical workshops for children and adults in various islands, and with the Orchestra and the Choir of the Municipality of Athens planning and presenting their educational program.

**THURSDAY 9/10****Christina Mylona**

*Pioneer Traditional Dairy Producer, Kamena Vourla*

Christina was born in 1939 and has been a pioneer in the artisanal dairy tradition of Central Greece. In 1958, she and her husband Ioannis Mylonas opened the first dairy shop in Kamena Vourla, crafting fresh yogurt, rice pudding, chocolate milk, butter and more by hand using a large cauldron and open flame. Their family business quickly expanded, supplying over 1,000 rice puddings per week to local summer camps and having exclusive partnerships with the Lamia dairy factory. Prestigious hotels such as Galini Mitsis, Thronio, and Radio relied on their products, including whipped cream, yogurt, rice puddings and traditional milk butter. They also supplied the regional summer camp with rice pudding and distributed products throughout the villages. The business operated until around 1984, leaving behind a legacy of dedication, craftsmanship, and authentic Greek flavor that shaped the region's food culture for decades.

**FRIDAY 10/10****Christina Drakonakis**

*MA/MPH Associate Dean of Students, ACG Health and Wellness Center*

Christina has 30 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.

**SATURDAY 11/10****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.

**SATURDAY 11/10**



**Chrisilia Faki**

*Sound Healer/ Art Psychotherapist/  
Artist*

With an inherited talent on expressive arts as a graduate from Pierce College, she initially trained as a Graphic Designer at London College of Printing and as an Art Psychotherapist at Goldsmiths University of London.

She practiced with children and adults in schools and mental health institutes in the UK and in Greece. Healing Arts, also shaped her own self-awareness and personal healing. Her clay works became the art containers where sound echoed itself as the unseen vessel on how to hold nurturing space for herself. She explored sound healing at the British Academy of Sound Therapy, UK and qualified as a Crystal Bowl Practitioner at the Sound University of London. She partnered with yoga studios and corporate wellbeing events until she became an ASM Practitioner with Sara Auster in NY, practicing sound and sensing through deep intentional listening, presence and compassion. She currently lives in Greece and creates spaces for immersive sound bath experiences, using the Auster Sound Method inviting audiences into deeper ways of being for connection reflection and healing.

MIND  
BODY  
SPIRIT  
FEST  
2025