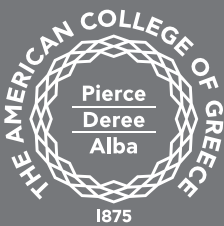




Mind Body Spirit Fest 2026



Together

October 5–10

Organized by:
ACG Health & Wellness Center

"Together" is more than a word—it reflects the connections that bring us closer to one another and to the world around us. Over these six days, we come together to reconnect with people and nature, grow through shared experiences, and rise as one community. By strengthening our relationships with each other and our environment, we cultivate a deeper sense of belonging, responsibility, and purpose. When we grow as one, we rise as one and move forward together.

MONDAY, OCT. 5

11:00-15:00



Alone We Can Do Little, Together

We Can Do Much! : Information Point

Learn about [Boroume's "We Can" mission](#) to reduce food waste and food insecurity in Greece. Learn how you can get involved and scan the QR code to preregister to volunteer at Farmers' Markets and other community actions. Together, small acts of giving can grow into meaningful change for people, communities, and our environment.

Kalliopi Mytilinaiou, Project Manager of Boroume at Farmers Market.

Main Corridor

14:30-15:30

Food Brings us Together

Enjoy a special meal together and take a moment to reflect on how food can bring people together. Sharing a meal with others builds strong social connections, reduces loneliness, lowers stress, and enhances overall well-being.

*Gregory Katsas, PhD, Associate Professor of Sociology, Director Student Academic Support Services
Sophie Themelis, Executive Coordinator, Pilates Instructor, ACG Health and Wellness Center*

Student Lounge

TUESDAY, OCT. 6

12:00-15:30

A Touch of Togetherness: Individual Reflexology Sessions

In the spirit of Together, take time to reconnect with yourself and nurture your well-being. Discover the ancient practice of reflexology, rooted in the belief that specific points on the feet, hands, and ears correspond to different organs and systems of the body. Enjoy a personal reflexology session designed to promote relaxation, restore balance, and remind us that caring for ourselves helps us connect, grow, and move forward together. *Panhellenic Union of Professional Reflexologists (P.U.P.R)*

Student Lounge

WEDNESDAY, OCT. 7

11:00- 11:50

Together, but Uniquely Ourselves: Yoga Practice

Move together while honoring what makes each of us unique. Through breath and mindful movement, reconnect with your body, mind, and heart, finding your own rhythm while sharing the experience as one community. All levels are welcome.

Rodi Konstantinidou, Yoga and Pilates instructor, Movement to Music and Rehabilitation Coach

Studio 2, Deree Gym

12:00-15:30

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Panhellenic Union of Professional Reflexologists (P.U.P.R)

Student Lounge

14:30-15:30

The Energy Between Us: Awareness • Connection • Reflection

An experiential workshop exploring the energy within and between us. Tune into your own energy, become aware of others, and discover how our connections shift when we approach one another with greater openness and less judgment.

Athina Linardatou, Wellness & Creative Facilitator / Theatre Studies Professional

JSB Library, Room 9

THURSDAY, OCT. 8

17:00-17:50 **Let us Plank Together: Pilates Practice**
One breath. One movement. One focus. Today’s practice is about togetherness. Let’s move with intention, lean into the shared energy around us, and build our core strength together. Remember planking is always better with friends!
Sophie Themelis, Executive Coordinator, Pilates Instructor, ACG Health and Wellness Center Studio 3, Deree Gym

FRIDAY, OCT. 9

14:30-15:30 **Moments that Matter: Reflections on Togetherness**
Join us for a reflective and uplifting exploration of what happens when we come together with nature while also experiencing friendship, companionship, and a sense of belonging. Students will share stories and reflections on the meaningful connections that emerge when we slow down, observe, explore, and simply enjoy being together - both with one another and with the natural world.
Stella Apostolaki, PhD, Associate Professor of Environmental Science, Executive Director of Center of Excellence in Sustainability
Environmental Field course class of 2026
Zen Garden

SATURDAY, OCT. 10

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 while sharing an exotic cup of tea.
Tobias Myers, PhD, Associate Professor of Classics, Fellow of the Institute for Hellenic Culture and the Arts, ACG
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**

Why Together Relationships Connections Eating with your Hands



All Week **DISPLAYS/ENGAGEMENTS**
Deree Main Corridor

“Together” Photo Contest, ACG Health and Wellness Center

Hand in Hand...Walking Softly on Earth, Office of Sustainability-Public Affairs, ACG Sustainability Leaders.

Together on the Street: Building Connections, Resilience & Belonging, Emfasis Non- Profit Supporting Vulnerable Communities Through Street work, Prevention & Sustainable Housing Solutions

Together with Nature, Center of Excellence in Sustainability & Environmental Studies Program, School of Science and Technology, ACG

Alone We Can Do Little, Together We Can Do Much! Boroume Non-Profit Organization aiming to reduce food waste and food insecurity in Greece. Be a volunteer with Boroume at the Farmers’ Market: saving food from farmers’ markets & offering it to charities. The action takes place in different farmers’ markets all over Athens from 14.00-16.00. Let’s save these fruits and vegetables!

Our Mountain-Mates: a photo display of birds and orchids at ACG and Mount Hymettus:

- **The Wild Orchids We Call Neighbors**, Anastasia Misseyanni, PhD, Professor, Environmental Studies, Department of Natural Sciences, Deree- ACG, Aspasia Olympia Karava, Deree student
- **My Avian Encounters**, Katherine Paul, Deree student

All Week

CHALLENGE: Disconnect from social media and connect with one another in person

- Set a period of time...3 hours, 6 hours, 24 hours
- Turn off notifications
- Turn your phone facedown, put it out of site
- Set scrolling and usage time limits
- Call, meet up over coffee instead of messaging
- Discuss a project during a walk instead of meeting online

Let us know how it went!

All Week

FREEBIES

Adopt a Plant and Watch it Grow,

ACG Health and Wellness Center

Together Grounding Stone and Message,

ACG Health and Wellness Center

All session participants receive a Wellness Center hat.
Participants who attend at least three sessions enter a lottery

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 three sessions. Certificate of Participation available upon request from the Wellness Center.

LEARNING OBJECTIVES:

By participating in the Mind Body Spirit Fest: Together, participants will have the opportunity to:

1. Explore how sharing food can strengthen relationships, foster connection, and enhance well-being.
2. Experience reflexology as a practice that encourages relaxation, self-awareness, and connection with oneself.
3. Reconnect with body, mind, breath, and heart through yoga while celebrating individual uniqueness within a shared experience.
4. Develop awareness of personal and interpersonal energy and explore how openness and non-judgment can influence our connections with others.
5. Build strength and connection through mindful movement and the shared experience of Pilates.
6. Reflect on our relationship with nature and how shared experiences in the natural world can strengthen friendship, companionship, and belonging.
7. Experience stillness, mindful movement, and the restorative value of slowing down and being present.
8. Discover the value of volunteering and how individual acts of care can contribute to positive change for people, communities, and the environment.
9. Connect with history, culture, and philosophy through reflection on the ancient world and the ideas that continue to resonate today.
10. Express the meaning of Together creatively by capturing moments of connection, belonging, community, and our relationship with the world around us through photography.

Supported by

