

MEET YOUR SPEAKERS

MIND BODY SPIRIT FEST 2026

MONDAY 5/10



Gregory Katsas

PhD, Associate Professor
of Sociology, Director Student
Academic Support Services (SASS)

Dr. Katsas (BA Behavioral Sciences, Drew University; MA Sociology, Fordham University; PhD Sociology, Fordham University) has been a member of the Sociology Department at Deree College since 1993. He has also taught in the United States and the Hellenic School of Military Medicine. He has developed and is teaching courses in food and culture, environmental sociology and sociology of tourism. His research interests include education, heritage tourism, food and social inequality. He regularly presents papers at the Hellenic Sociological Society, the International Association of Cultural & Digital Tourism (IACuDiT) and the International Academic Forum (IAFOR). In addition, he is the Director of Student Academic Support Services (SASS), which provides academic skill development for Deree students. In his leisure time, he enjoys writing and photography. Recently, he published the collection of poems "The Other Side of Thought" (in Greek).

MONDAY 5/10, THURSDAY 8/10, SATURDAY 10/10



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 7/10



Rodi Konstantinidou

*Yoga and Pilates Instructor,
Movement to Music and
Rehabilitation Coach*

Rodi was born and raised in Thessaloniki and has been living in Athens for the last 8 years. She studied Physical Education and Sports at Aristotle University in Thessaloniki, Theater at Andreas Voutsinas Drama School and has received her Master's degree from the National and Kapodistrian University, School of Medicine, in Molecular and Applied Physiology and Rehabilitation through movement. Rodi has been teaching Yoga and Pilates for over 15 years specifically training and coaching individuals and groups from all over the world. She enjoys music, cooking, travelling, sewing and meditation. She continues to follow workshops and seminars for her own growth. Rodi has worked as an actress in children's theater and musicals in Thessaloniki and is currently an active member of Deree Choir. She adores nature with all its creatures and has a cat; an adorable little ball of fur whom she calls Xaroula which means "Joy"



Athina Linardatou

*Wellness and Creative Facilitator /
Theatre Studies Professional*

Athina is a Pierce College alumna and a graduate of the University of Peloponnese in the department of Theatre Studies. She uses acting, dance, and holistic practices in her teaching. Athina integrates artistic performance and creative movement into her experiential workshops focusing on emotional expression, mindful communication and self-empowerment. She is certified in The Science of Well-Being from Yale University and is a 2nd Degree Reiki practitioner. She is a mother to one year old Alexander and 16 year old Dolly (Border Collie). Athina spends her free time dancing and enjoying the beach.

FRIDAY 9/10



Stella Apostolaki

*PhD, Associate Professor
of Environmental Science, Executive
Director of Center of Excellence
in Sustainability*

Dr. Apostolaki, is an Environmental Scientist born and raised in Athens, Greece and educated in Scotland, U.K., with a passion for environmental conservation and a love for nature. She is Associate Professor of Environmental Science, and Executive Director of the Centre of Excellence in Sustainability at The American College of Greece (ACG). She teaches a variety of environmentally focused courses at Deree – ACG. Through this role she is constantly challenged

to convey ideas on how we can improve planetary health and re-establish our lost contact with nature. She holds a BSc/(Hons) in Environmental Science, an MSc in Urban Water and Environmental Management and a PhD on sustainable urban drainage systems and river management options, obtained from the University of Abertay Dundee, Scotland, U.K, under funding received by the Environment Agency for England and Wales, in collaboration with the Scottish Environment Protection Agency (SEPA), and by HR Wallingford Consultants.

She has a wide research experience, is an expert evaluator of Call for Proposals for the European Commission, has worked as a researcher in collaboration with universities and authorities in Greece and in the U.K., and has participated in numerous EU funded projects. She collaborates as an external consultant with several entities such as the Green Fund of the Hellenic Ministry of Environment and Energy in the project LIFE-IP AdaptInGR – Boosting the implementation of adaptation policy across Greece. Her main research interests are on integrated water management and innovation, sustainable development, sustainable stormwater management, climate change, conservation of biodiversity, marine resources, ecosystem restoration, public awareness - stakeholder engagement methods and public education, green urban planning with emphasis on amenity and biodiversity and on the implementation of the 17 United Nations Sustainable Development Goals.

SATURDAY 10/10



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.

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MODERATOR:



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.

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