

# 16th Panhellenic Epicurus Seminar In Athens Greece - February 14, 2026

Post by “Patrikios” of March 1, 2026 at 12:31 PM

## [Quote from Cassius](#)

The Youtube translation to English works fairly well, so I will update the first post in this thread with links to the individual presentations as I find them. If you've already watched the video and know where any of these are, please add to the thread and I will update the first post

Scientific Humanism and Psychosomatic Health – Christos Giapitzakis

## [Cassius](#)

This presentation by **Christos Yapijakis**, starts at about 1:19:20 and concludes around 1:41:40.

I liked his final statement about how we need "bliss" [eudaimonia] to achieve psychosomatic health.

## Quote

*Little is needed for bliss; a little water, a little food, a garment, **wisdom**, and **friendship**. We can improve the world, but starting with ourselves.*

I also enjoyed the introductory comments, which included letters and statements of well wishes for the Symposium from [Cassius](#) , @Eikadistes and [Hiram](#). There were announcements of other Epicurean symposiums being held in Cyprus and Italy. I would love to be able to attend a similar event with English speakers. Have there been past/recent attempts to hold a similar event in the USA or Canada?