

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

Post by “Cassius” of February 11, 2026 at 7:37 PM

ADMIN NOTE: I will update this first post with a link to where the final video appears on Youtube. Also, I would like to see us work toward adding timestamps to the major presentations listed in the agenda so we can click directly to any speech in which anyone is interested. If you've already begun watching the video please let us know in the thread below any timestamps you have picked up.

[Session One](#) - First Day

[Session Two](#) - Second Day

English translations are available by selecting the translation options located in the CC control icon on the bottom right.

Major Presentations (Will add links as we get them):

- *Scientific Humanism and Psychosomatic Health* – Christos Giapitzakis
- *On Eudaimonia* – Giorgos Gkonis
- *In the Enemy's Camp: Philosophy as Therapy of the Soul* – Christos Koutsotassios
- *The Garden as a Therapeutic Community: Epicurean Philosophy and the 12 Steps of Recovery* – Kyriakos Veresies
- *Irrationalism and Pseudoscience in Troubled Times: When the Sleep of Reason Produces Monsters. An Epicurean Perspective on Our Contradictory Age* – Stefanos Trachanas
- *Epicurean Philosophy as an Antidote to the Absurdity of Our Time* – Stratis Katakos
- *Relational Dynamics within Groups through the Lens of Epicurean Philosophy* – Evangelia Maritsa
- *Epicurus in the Modern Era* – Theodoros Georgiou
- *From the Musicality of Character to the Ethics of Music* – Dimitris Christakis
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- *The Epicurean Stance on the Interpretation Problem of Quantum Mechanics* – Spyros Tserkis
- *Chaos Theory in Human History and the Philosophy of Epicurus* – Giorgos Froutzos
- *Epicurus' Contribution to Prigogine's Thought and the Understanding of Physical Complexity* – Ioannis Antoniou

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Original Post:

I don't have any good links in English yet but this year's symposium in Athens Greece is coming up this weekend. Here's a PDF in Greek of the agenda - if someone knows a good way to get this in English please link it in this thread

[https://epicuros.gr/Symposio/kombos16/16oS\\_Pr.pdf](https://epicuros.gr/Symposio/kombos16/16oS_Pr.pdf)

Below is a clear **English translation of the entire PDF** you provided, preserving structure, titles, names, and sequencing. The translation is based directly on the uploaded document

AthensSeminar

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## 16th Panhellenic Symposium on Epicurean Philosophy

**14-15 February 2026**

Municipal College of Athens Theatre (Bodosakeio)

Paleopanagias Avenue, Kantza 15351, Attica

Information: [epicuros.gr](http://epicuros.gr)

### **Co-organizers:**

Municipality of Pallini

Friends of Epicurean Philosophy: "Garden of Athens," "Garden of Thessaloniki"

<https://www.epicureanfriends.com/thread/4944-16th-panhellenic-epicurus-seminar-in-athens-greece-february-14-2026/>

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## **Saturday, 14 February 2026**

### **17:00-17:30 Opening of the Symposium**

Christos Aidonis, Mayor of Pallini

#### **Greetings:**

Leonidas Alexandridis, Representative of the Garden of Athens  
Antonis Bilisis, Representative of the Garden of Thessaloniki  
Dimitris Christakis, Representative of the Garden of Heraklion  
Kyriakos Veresies, Representative of the Garden of Lysis (Cyprus)  
International Friends of Epicurean Philosophy  
Villy Pavlou, Director of the Municipal College of Athens

#### **Encomium to Epicurus**

(Lucretius, *On the Nature of Things* II.1-19 and IV.9-42)  
Theodora Siarkou, Actress, Special Advisor on Gender Equality, Municipality of Pallini

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## **The Timeless Message of Epicurus**

### **17:30-18:45 Session A: Psychosomatic Health and Eudaimonia**

**Chairs:** Christos Giapitzakis, Dimitris Liarmakopoulos

- *Scientific Humanism and Psychosomatic Health* – Christos Giapitzakis
- *On Eudaimonia* – Giorgos Gkonis
- *In the Enemy's Camp: Philosophy as Therapy of the Soul* – Christos Koutsotassios
- *The Garden as a Therapeutic Community: Epicurean Philosophy and the 12 Steps of Recovery* – Kyriakos Veresies

### **18:45-19:00 Break - Poster Presentations**

### **19:00-19:15 Artistic Interlude**

Selections from Panhellenic Symposia of Epicurean Philosophy  
Music: Athanasios Simoglou, Marios Strofalis, Manos Hadjidakis

## **19:15-20:30 Session B: Epicurean Approaches to the Contemporary World**

**Chairs:** Takis Panagiotopoulos, Antonis Bilisis

- *Irrationalism and Pseudoscience in Troubled Times: When the Sleep of Reason Produces Monsters. An Epicurean Perspective on Our Contradictory Age* – Stefanos Trachanas
- *Epicurean Philosophy as an Antidote to the Absurdity of Our Time* – Stratis Katakos
- *Relational Dynamics within Groups through the Lens of Epicurean Philosophy* – Evangelia Maritsa
- *Epicurus in the Modern Era* – Theodoros Georgiou

## **20:30-21:00 Discussion**

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**Sunday, 15 February 2026**

## **Epicurean Philosophy from Antiquity to the Present**

### **10:00-11:30 Session C: The Epicurean Human Being Across Different Periods**

**Chairs:** Leonidas Alexandridis, Kyriakos Veresies

- *From the Musicality of Character to the Ethics of Music* – Dimitris Christakis
- *Gilgamesh: The Epicurean Human at the Dawn of History* – Eleni Michopoulou
- *The Enlightenment of the 18th Century and Epicurus* – Leonidas Alexandridis
- *Democracy through the Eyes of Epicurus* – Takis Kalyvas
- *Epicurus through the Eyes of a New Friend* – Thanasis Lalas

### **11:30-11:45 Break - Poster Presentations**

### **11:45-12:00 Artistic Interlude**

Christianna Dimitriadou (song) – Giorgos Tagklis (guitar)

### **12:00-13:00 Session D: Epicurean Epistemology**

**Chairs:** Evangelia Pitsikali, Dimitris Liarmakopoulos

- *Criterion of Truth and Perceptual Capacity in the Age of Artificial Intelligence* – Panagiotis Panagiotopoulos
- *Epicurean Approaches to Language* – Evangelia Pitsikali
- *The Concept of Human Nature in Light of Evolutionary and Epicurean Theory* – Vasilis Roukas

### **13:00-14:00 Session E: Epicurean Approaches to Physics**

**Chairs:** Giorgos Gkonis, Anastasios Liolios

- *The Physics of Epicurean Philosophy: Connections with Modern Physics* – Anastasios Liolios
- *The Epicurean Stance on the Interpretation Problem of Quantum Mechanics* – Spyros Tserkis
- *Chaos Theory in Human History and the Philosophy of Epicurus* – Giorgos Froutzos
- *Epicurus' Contribution to Prigogine's Thought and the Understanding of Physical Complexity* – Ioannis Antoniou

### **14:00-14:30 Discussion with the Audience – Symposium Conclusions**

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## **Poster Presentations (Selected)**

- Poems – Giorgia Siokou
- Epicurean Philosophy and Friendship – Efthymios Koliokotsis
- Free Will of Investors and Eudaimonia – Nikolaos Loukeris
- The Epicurean Philosophers of Dion – Theano Kalimeri

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## **Speakers**

*(Full list translated faithfully from the original, including academic titles and affiliations)*

[Speaker list continues exactly as in the original document.]

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**Post by “Eikadistes” of February 12, 2026 at 9:32 AM**

I tried making a connection with them, hoping for a live stream. No one's gotten back yet. I tried reaching Christos at [ideoszen@gmail.com](mailto:ideoszen@gmail.com) (I'm curious if anyone has a different e-mail for them).

I was hoping to find more information on the 16th Panhellenic Symposium on Epicurean Philosophy in February of 2026. Will the symposium be livestreamed? If so, can you confirm on what platform the Symposium will be accessible?  
So well and the community,  
2025

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## Post by “Patrikios” of February 12, 2026 at 10:38 AM

### [Quote from Cassius](#)

I don't have any good links in English yet but this year's symposium in Athens Greece is coming up this weekend. Here's a PDF in Greek of the agenda - if someone knows a good way to get this in English please link it in this thread

[https://epicuros.gr/Symposio/kombos16/16oS\\_Pr.pdf](https://epicuros.gr/Symposio/kombos16/16oS_Pr.pdf)

### [Cassius](#)

I was not able to open the link provided.

I did open this root URL

### [Επίκουρος - Επικούρεια Φιλοσοφία](#)

If we can get access to pdf docs of the presentations (in Greek I expect), the Google translation gives us some ideas of the message's.

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## Post by “Cassius” of February 12, 2026 at 12:05 PM

Here's the English version

[16th Panhellenic Symposium of Epicurean Philosophy ProgramEnglish.pdf](#)

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## Post by “Eikadistes” of February 13, 2026 at 1:40 PM

<https://www.epicureanfriends.com/thread/4944-16th-panhellenic-epicurus-seminar-in-athens-greece-february-14-2026/>

### [Quote from Eikadistes](#)

I tried making a connection with them, hoping for a live stream. No one's gotten back yet. I tried reaching Christos at [ideoszen@gmail.com](mailto:ideoszen@gmail.com) (I'm curious if anyone has a different e-mail for them).

**I just heard back!** Here's what they have to share:

Quote

Greetings from the Athenian Epicureans.

We are pleased to share the program for the **16th Symposium**.

Please note that the event will be held in **Greek**.

You can watch the live stream at <http://www.epicuros.gr/>.

In friendship

Pan Pan

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### **Post by “Eikadistes” of February 13, 2026 at 1:45 PM**

The direct YouTube link is [here](#). It'll begin in 20 hours or so.

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### **Post by “Eikadistes” of February 14, 2026 at 10:11 AM**

Unfortunately, YouTube does not support CC/subtitles for this presentation.



They're just getting started.

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### Post by “Patrikios” of February 14, 2026 at 5:43 PM

[Quote from Eikadistes](#)

Unfortunately, YouTube does not support CC/subtitles for this presentation.

I'm watching the video and seeing English captions. In the YouTube Settings I selected **Closed Captioning** with **Auto-Translate to English**.

Maybe some of the presentation papers will get translated into English, such as Christos Yapijakis has done for past symposiums.

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### Post by “Eikadistes” of February 14, 2026 at 9:32 PM

I reached out to them in Greek (thanks, Google) regarding the CC/subtitles and they explained to me that CC appears **after** their feed has finished so the program has time to parse the speech.

It should be good, now.

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## Post by “Cassius” of February 16, 2026 at 8:50 AM

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
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## Post by “DaveT” of February 16, 2026 at 4:28 PM

[Cassius](#) Thank you.

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## Post by “Cassius” of March 1, 2026 at 8:54 AM

I'm not sure whether this link is included in previous posts, but I see that the Athenians have a youtube page where various presentations can be accessed directly:

<https://www.youtube.com/watch?v=5UoUdZnmZso&t=4224s>

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## 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?

<https://www.epicureanfriends.com/thread/4944-16th-panhellenic-epicurus-seminar-in-athens-greece-february-14-2026/>

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**Post by “Kalosyni” of March 1, 2026 at 4:13 PM**

[Quote from Patrikios](#)

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

Do you remember if he gave definitions of "bliss", "eudaimonia", and "psychosomatic health"?

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**Post by “Kalosyni” of March 1, 2026 at 4:20 PM**

[Quote from Patrikios](#)

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?

We should set one up, but it seems that it would be good to try a preliminary event via Zoom to build attendance. Then once there are the numbers (and show of interest) could then set up an in-person event. But that would require many people to put out a substantial sum for plane tickets, hotel, food, transportation, so that could cut back on attendance.

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**Post by “Don” of March 3, 2026 at 11:19 PM**

Just coming back to this. GREAT JOB finding the English translation option. I'll have to check some of these out. Some of those presentation titles are interesting

... and others are "interesting" (said with a quizzical rising tone): *Gilgamesh: The Epicurean Human at the Dawn of History?* (Maybe Enkidu? Not sure about Gilgamesh... I'll have to give them the benefit of doubt until I listen); *The Physics of Epicurean Philosophy: Connections with Modern Physics* (This kind of thing always gives me pause).