



16th PANHELLENIC SYMPOSIUM OF EPICUREAN PHILOSOPHY

February 14-15, 2026 - Athens Municipal College Theater (Bodosakeio)

Paleopanagias Avenue , Kantza 15351, Attica

Information: epicuros.gr

Co-Organizer: Municipality of Pallini,
Friends of Epicurean Philosophy “Garden of Athens”, “Garden of Thessaloniki”



Δήμος Παλλήνης

Ανθούσα - Γέρακας - Παλλήνη

Saturday, February 14, 2026

17.00-17.30 **Opening of Symposium
Greetings**

Christos Aidonis, Mayor of Pallini
Leonidas Alexandrides, Representative of Garden of Athens
Antonis Bilisis , Representative of Garden of Thessaloniki
Dimitris Christakis, Representative of Garden of Heraklion
Kyriakos Veresies, Representative of Garden of Lysis, Cyprus
International Friends of Epicurean Philosophy
Villy Pavlou, Director of Athens Municipal College

Encomium to Epicurus (Lucretius, On the Nature of Things II 1-19 and IV 9-42)

Theodora Siarkou, Actress, Gender Equality Advisor of the Municipality of Pallini

THE TIMELESS MESSAGE OF EPICURUS

17.30-18.45 **Section A: Psychosomatic Health and Happiness**

Presidency: Christos Yapijakis, Dimitris Liarmakopoulos

Epicurean Scientific Humanism and Psychosomatic Health

Christos Yapijakis

About Happiness

George Gonis

In the enemy's camp – philosophy as a cure for the soul

Christos Koutsotasio

**The Garden as a Therapeutic Community: Epicurean Philosophy and the 12 Steps of
Addiction Recovery**

Kyriakos Veresies

18.45-19.00 *Break – Poster Announcements*

19.00-19.15 **Artistic break** Selection from Panhellenic Symposia of Epicurean Philosophy

Music: Athanasios Simoglou , Marios Strofalis , Manos Hadjidakis

19.15-20.30 **Section B: Epicurean approach to the modern era**

Presidency: Takis Panagiotopoulos, Antonis Bilisis

**Irrationalism and Pseudoscience in Turbulent Times: When the Sleep of Reason Gives
Birth to Monsters. An Epicurean Look at Our Contradictory Era**

Stefanos Trachanas

Epicurean philosophy as an antidote to the absurdity of the era

Soldier Katakos

Relational Group Dynamics through the prism of Epicurean Philosophy

Evangelia Maritsa

Epicurus in modern times

Theodore Georgiou

20.30-21.00 **Discussion Chair: Christos Yapijakis, Dimitris Liarmakopoulos**

Sunday, February 15, 2026

EPICUREAN PHILOSOPHY FROM ANTIQUITY TO THE PRESENT DAY

- 10.00-11.30 **Section C: The Epicurean Human in Various Eras**
Presidency: Leonidas Alexandrides, Kyriakos Veresies
From the musicality of ethics to the ethics of music
Dimitris Christakis
Gilgamesh: The Epicurean Man at the Dawn of History
Eleni Michopoulou
18th century Enlightenment and Epicurus
Leonidas Alexandrides
Democracy through the eyes of Epicurus
Takis Kalyvas
Epicurus through the eyes of a new friend
Thanasis Lalas
- 11.30- 11.45 *Break – Poster Announcements*
- 11.45-12.00 **Artistic break** Christianna Dimitriadou (singing) – Giorgos Taglis (guitar)
- 12.00-13.00 **Section D: Epicurean Epistemology**
Presidency: Evangelia Pitsikali , Dimitris Liarmakopoulos
Criterion of truth and perceptual capacity in the era of Artificial Intelligence
Panagiotis Panagiotopoulos
Epicurean approach of language
Evangelia Pitsikali
The concept of Human Nature in the light of Evolutionary and Epicurean Theory
Vasilis Roukas
- 13.00-14.00 **Section E: Epicurean Approaches to Physics**
Presidency: George Gonis , Anastasios Liolios
The Physics of Epicurean Philosophy. Correlations with Modern Physics
Anastasios Liolios
The Epicurean approach to the problem of interpreting Quantum Mechanics
Spyros Tserkis .
Chaos theory in human history and the philosophy of Epicurus
George Frountzos
Epicurus' Contribution to Ilya Prigogine's Thought and Understanding of Physical Complexity
Ioannis Antoniou
- 14.00-14.30 **Discussion with the audience – Symposium Conclusions**
Presidency: Christos Yapjakis, Antonis Bilisis

Wall Announcements

- **Poems** *Yogia Siokou, Librarian, Poet, Peace Ambassador of the "World Literary Forum for Peace and Human Rights" - Member of the Garden of Athens*
- **Epicurean philosophy and friendship** *Efthimios Koliokotsis, Civil Engineer - Member of the Garden of Athens*
- **Free will of investors and Happiness** *Nikolaos Loukeris, Assistant Professor of Finance and Artificial Intelligence, University of West Attica*
- **The Epicurean Philosophers of Dion** *Theano Kalimeri, Philologist - Member of the Garden of Athens*
- **The Eikadists** *Panagiotis Panagiotopoulos, IT Specialist - Founding Member of the Garden of Athens*

Speakers

Leonidas Alexandrides

Civil Engineer, Translator of Epicurean Texts - Member and Kathegemon of the Garden of Athens

Ioannis Antoniou

Professor of Mathematics at Aristotle University of Thessaloniki, President of the Union of Greek Physicists

Antonis Bilisis

Lawyer - Founding Member of the Garden of Thessaloniki

Dimitris Christakis

Professor Emeritus of Mechanical Engineering, Department of Mechanical Engineering, Hellenic Mediterranean University, Heraklion, Crete - Founding Member of the Heraklion Garden

George Frountzos

Otolaryngologist, Author

Theodore Georgiou

Emeritus Professor of Political Science at the Democritus University of Thrace, Author

George Gonis

Dr. Surgeon, Author - Member of the Garden of Athens

Takis Kalyvas

Director, Owner of a Biodynamic Estate in Malandreni, Argolis

Soldier Katakos

Dr. Biologist - Member of the Garden of Athens

Christos Koutsotasios

Architect, Writer

Thanasis Lalas

Graduate in Economics from the Aristotle University of Thessaloniki, Journalist, Writer

Dimitris Liarmakopoulos

Lawyer, Writer - Member of the Garden of Thessaloniki

Anastasios Liolios

Professor Emeritus of Experimental Particle Physics at the School of Sciences of the Aristotle University of Thessaloniki - Member of the Garden of Thessaloniki

Evangelia Maritsa

Dr. Business Administration, Director of the General Secretariat of the Athens Naval Hospital, Instructor for Defense and Security Executives of the Ministry of National Defense

Eleni Michopoulou

Philologist, MSc Educational Sciences, MSc Mental Health Promotion – Prevention of Mental Disorders

Panagiotis Panagiotopoulos

IT Specialist, Administrator of epicuros.gr, Writer, Graduate in History and Philosophy of Science from the National Kapodistrian University of Athens - Founding Member and Kathegemon of the Garden of Athens

Evangelia Pitsikali

Pharmacist - Member of the Garden of Athens

Vasilis Roukas

Graduate of the Department of Communication and Mass Media of the National Kapodistrian University of Athens, MSc History and Philosophy of Science

Stefanos Trachanas

Electrical-Mechanical Engineer, University Lecturer at the University of Crete, Author

Spyros Tserkis

Physicist, Researcher, Technical University of Crete

Kyriakos Veresies

Dr. Neurologist-Psychiatrist, Professor of Psychiatry at Philipps University (Nicosia) - Founding Member of the Garden of Lysis (Cyprus)

Christos Yapijakis

Associate Professor of Genetics and Member of the Bioethics Committee of the Medical School of the National Kapodistrian University of Athens, Author - Founding Member and Kathegemon of the Garden of Athens