



ADULT CLASSES IN HOLISTIC DEVELOPMENT, PILATES, DANCE

WINTER 2017

IIC PROGRAMS FOR ADULTS

Life-Span Development: The emotional, social, physical and cognitive growth of children from birth to old-age.

Days: Fridays

Time: 4:00pm - 5:30pm

Instructor: Dr. Alessandra Sax

Dates: February 10, 17, 24 /
March 3, 10, 17, 24, 31 / April 7, 21
May 5, 12, 19, 26 / June 2, 9

Cost: 200 Euros (16 sessions)

Minimum enrollment: 7

Maximum enrollment: 15

This course is open to all individuals interested in the holistic development of human beings from birth to old age. The goal of the sessions will be to provide theoretical knowledge to participants and assist the application of this knowledge in everyday practice with developing children, adolescents and adults. Every third session will run as an open forum for discussion, questions, etc. (4 of 16 sessions will be designated for parent/adult discussion).

*Please note that participants can attend sessions 1-8 (Part A) after completion of topics up to Adolescence. For those participants interested in Adolescent Development up to Old-Age can continue on for the remaining sessions, or join in just on these topics (Part B) sessions 9-16.

Dr. Sax holds a Bachelor's degree from Hampshire College (U.S.A.) in Psychology and Child Development. She graduated from New York University (U.S.A.) with a Clinical Master's degree in Clinical Social Work; Children, Adolescents and Adults. Her doctoral degree in Counseling Psychology and Supervision in Counselor Education is from Argosy University (U.S.A.).

She has been a Psychology Lecturer of Child Psychology, Life-Span Development, Cultural Psychology, Abnormal Psychology, Advanced Psychopathology, and Group & Music Therapy. She is currently an adjunct faculty member at the Hellenic American University (Athens). She is also a licensed psychotherapist who has been in private practice for over twenty years with children, adolescents and adults.

Since September of 2006, she has been working at ACS Athens Elementary as the counselor for grades PK-5.

As of 2011, Dr. Sax has been the coordinator of the Psychology Intern Program with the Department of Student Affairs. From 2012-13, Dr. Sax has also been providing PK-12 school wide services as counseling psychologist, via the Student Life and Wellness Center.

Dr. Sax also presents her work at Professional Conferences within the ACS Athens Community and throughout Europe and has published articles on her research interests and clinical work in the field. Currently, she is an editorial board member and peer reviewer for the American Journal of Applied Psychology and for the International Journal of Elementary Education for SciencePG.

PILATES

Monday & Friday 4:00 pm – 5:00 pm

Instructor: George Kalaitzis

Dates: Monday: Feb. 13, 20 / March 6, 13, 20, 27 / April. 3, 24 / May 8, 15

Dates Friday: Feb 17, 24/ March 3, 10, 17, 24, 31 / April 7, 21 / May 5

**Cost: once a week 100 euros
twice a week 180 euros**

**Minimum Enrollment: 6
Maximum Enrollment 10**

Pilates is a refreshing mind-body work out that helps to develop a strong core resulting in flat abdominals and a strong back. It creates long, lean muscles and increases flexibility so as to improve sport performance and reduce the chance of injury.

Pilates is a form of exercise that can be tweaked to fit any body type and needs no prior experience. This course will be for beginners but will challenge intermediates as well.

Instructor George Kalaitzis is a Physical Therapist and Pilates instructor and has been teaching private Pilates classes for over a year. He also teaches a seminar on Clinical Pilates for Physical Therapists. His knowledge as a Physical Therapist enables him to tailor each session to each students' needs.

Latin and Ballroom Dance Classes

Days: Tuesdays

Time: 4:00pm – 5:00pm

Instructor: Chrissa Paschalidou-Tsatsis

**Dates: Feb. 14, 21, 28 / March 7, 14, 21, 28 /
April 4, 25 / May 2**

Cost: 100 euros 10 sessions

Minimum Enrollment: 6

Maximum Enrollment 10

Dancing is like taking a mini vacation from the stress of the day. You have to be in the moment. So join us in that moment. Never miss a chance to dance. Learn to dance to the rhythm of the Salsa, Mambo, Rumba, Cha-Cha-Cha & the Argentine Tango.

Dance is the hidden language of the soul.

Instructor Chrissa Paschalidou-Tsatsis has been teaching Dance for over 15 years, having worked with adult and children groups. She is certified as a Tutor of the Imperial Society of Teachers of Dancing.

**To enroll please contact:
Ms. Marietta Garbis
Tel. 210 639 3200 ext. 302
garbism@acs.gr**