

OUR EXPERTS TEAM

Aris – Herbalist

Aris started to study the phytotherapy after he had met his wife Brigitte, who moved to Lefkada from Germany. They were living in their house in the middle of the forests, mostly off their land. They spent years walking through the woods, studying herbs, plants and preparing healing tinctures, fusions and creams out of them. Aris is currently running his herbal workshop and organizing seminars in the nature. He focuses on the characteristics of the plants that surround the villages of Kolivata, their beneficial effects on people's health, their crucial role in the ecosystems and their links to the mythology.



Jose Mendez – Eco building/ Permaculture Master



Jose Mendez was born in Buenos Aires, Argentina, where he studied and worked in various professions and disciplines. His formal studies in Biology and Organic Production brought him close to nature and to people that made him know the secrets of natural construction. He volunteered in different foundations and NGO's during his university years. When he completed his degree he travelled to the center of Argentina, in rural Córdoba, where he started working hands on with the methods of Bio-construction. Later he travelled for the first time in Mexico, where he deepened his understanding in different technics and methods, by exchanging practices with various indigenous groups.

Jose loves being able to create different kinds of functional structures with materials that are easily found in nature, and by re-utilizing materials that are considered "garbage". Awakening creativity and learning from each other are his motivations. He tends to design each construction in a way that it can best integrate to its surroundings. His way of work generates community, new friendships and more awareness around the conservation of our natural environment: our only home.

Niovi Stavropoulou- Art Therapist



Niovi Stavropoulou was born and raised in Athens. She first studied Psychology and then continued her studies in Photography. She completed her postgraduate studies in Art Psychotherapy. She worked in Scotland for three years in psychiatric clinics of the National Health System and for six years with children and adolescents with disabilities and emotional difficulties.

She currently coordinates Art Therapy workshops with immigrant and refugee groups, as well as with inmates from the Women's Prison of Thebes. She teaches at the postgraduate program of Ep.E. "Psychology-Art" in Thessaloniki and offers individual and group sessions as an Art Psychotherapist in Athens.

Lila Patrinely- Yoga Teacher

Lila Patrinely was born in Greece in the decade of the seventies. She was one of the first Greeks to travel all the way to India in order to become a direct student of Sri K Patabhi Jois. Since 1995 that Lila visited for the first time Mysore India, she has dedicated her life into enriching her yoga practice through extensive workshops and retreats all over the world. She came to be one of the most respected Ashtanga yoga teachers in Athens. Now with an experience of more than twenty years, she combines different yoga styles with small groups aiming not only at physical but also at spiritual development.



Dafni Kalafati- Art Therapist- Foodpath Centre Manager



Dafni is a freelance documentary filmmaker and art therapist, based in Athens Greece.

She was born in her homeland at the beginning of the eighties. She studied Intercultural Education and Photography and then followed a master's degree in art therapy, in the school of fine arts of Buenos Aires, in Argentina. There she worked for several years in the public mental institution «Borda» as an art therapist using the new media (video and photography) as therapeutic tools. Her love for social action and the arts made her engaged in documentary film making and since then she has travelled to some of the most remote parts of the planet together with her video camera filming documentaries and teaching photography and art .

Since 2013 she has founded the Foodpath Centre together with Antonis Raptis, a wellness center and a catering company that offers alternative holiday packages in the island of Lefkada and beyond based on a holistic approach. Nowadays Dafni splits her time between Athens and Lefkada, conducting Art Therapy and Participatory Video workshops and developing her personal documentary projects. She is also a founder member of AMAKA non profit which runs various programs of social help through the Arts catering for underprivileged urban groups.

Whatever free time remains, she likes to spend it on the mountains.

Antonis Raptis - Meditation/ Tai chi Instructor -Foodpath Centre manager - Yoga Hostel Owner

Antonis has been involved in the tourism industry since his young age. He has been organizing different packages of adventure holidays around Greece and especially on the Ionian islands.



He is a certified dive master, and discovering the silent underwater world made him look for his own peaceful word inside him. His spiritual path took him to the Buddhist Monasteries of Chian Mein in Thailand where he studied for long months meditation techniques with the monks. Since then he has taken many courses in Thai massage, Chi Kong and Kriya Yoga trying to deepen his understanding around human nature.

Antonis is a founder of the Yoga Hostel in Paleros and of the Foodpath centre in Lefkada where every year he welcomes people from all over the world to initiate them in their internal path of silence and community serving.

Bhuhansevari – Yoga Teacher

Bhuvanesevari was brought up in a medical family. She learned electro-acupuncture next to her dearest teacher and grandmother Eteri, so in an early age she had understandings about energy healing and self-study. She was involved with shamanic practices and ancestral rituals that gave her deep experiences of Life. During an intense travel to Mexico, while meditating she realized that yoga was her way to live the truth she had seen. In 2013 she began her yoga and tantric sadhana (spiritual practice) and after a year she took a hatha yoga teacher's training course in Sivananda Yoga. She lived, served and practiced at the the Sivananda Yoga and Vedanta Centre in Berlin for about a year where she engaged deeply into Karma Yoga and learned how to cook by the principles of Ayurveda. In 2016 she was initiated in Kriya Yoga by Swami Shankarananda Giri and into Tantra by Gurujii Raj Kumars Baswar.