



Sophrosyne - the virtue of moderation

Performances: 3.- 15. February, 2026, 19:30 – 22:00

Exhibition Opening: Tuesday, 17 February, 2026, 19:00 – 22:00

Duration: 17. – 28. February, 2026

Hours: Monday – Sunday, 16:00 – 19:00

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Sophrosyne, the virtue of moderation, self-control, and restraint, was one of the four main virtues of Greek philosophy since the time of Plato, and even earlier, during the height of classical Greek history. Sophrosyne was a way of life.

The other virtues passed down to us from the depths of history are wisdom, courage, and justice. We praise our lifestyle as superior and emphasize this superiority over all others, while at the same time leading a rather modest everyday life.

Although we remain frugal in the details of daily life, our second, digital self on social media simultaneously radiates fame and heroic deeds. Metaphorically speaking, our personal paths are country lanes, which we present as grand boulevards. Many will see them, but only a few will recognize the deceptive nature behind them.

Sophrosyne, an exhibition and series of performances that, through selected allegorical works, emphasizes the power of revisiting the distortions of our time from a contemporary perspective.

February is dedicated to “Sophrosyne - the virtue of moderation”

3.- 15.2. Performances

17.- 28.2. Exhibition

Curated by: Georg Georgakopoulos, Michalis Argyrou

Performances, Sophrosyne - the virtue of moderation

3.2. YuHan Wang/Georg Georgakopoulos

4.2. Lidia Russkova-Hasaya/ Julia Harrauer

8.2. Lars* Kollros/ Milena Nowak

10.2. Asta Cink/ Dora Mai

11.2. Filippos Tsitsopoulos

12.2. Nefeli Stamatogiannopoulou/ Peter Kraus

13.2. Mehrta Shirzadian

14.2. Nasia Zei

15.2. Closing the performances

Exhibition, Sophrosyne - the virtue of moderation

17.-28.2.

Maria Bourbou

Babis Karalis

Crystin Moritz

Christian Rupp

Eleftheria Stamou

Charlotte Stier

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