Athina Chatzigiannaki was born in Sydney, Australia, on February 9, 1959, and has had a long journey through the arts. As a first-year Architecture student, she took the entrance exams for the Athens School of Fine Arts (ASFA) and studied in the painting studio of Yannis Moralis (1980). She later had to interrupt her studies to complete her Architecture degree. Upon returning, she continued in the painting studio of Dimitris Mytaras (1988–1992). Later (2006–2010), she undertook additional studies in the Sculpture studio of George Lappas, while also attending theatre classes at the Akis Davvis Studio.

Her first solo exhibition took place at Titanium Gallery in 1996, and a major retrospective was held at the Psychiko Gallery in 2014. In between, she participated in numerous exhibitions, collaborated with other artists, and created performance pieces.

Together with Dimitra Mourtzini and Dina Koubouli, she is part of a group called "The Game of Riddles", which experiments with the concepts of artistic residencies and dialogue between its members.

Since 2020, she has also been professionally involved in cinema, participating in international festivals with short films.