Theodora Bourni Ancient pancakes for mean curvature and Ricci flow

In this talk we will describe how to construct certain ``collapsed" ancient solutions. In the recent years we have developed a method to construct convex ancient solutions of mean curvature flow that are confined in a slab. In this talk we will revisit this construction and show how parallel techniques can be used to construct ancient solutions of Ricci flow that have ``bounded girth". This is joint work with T. Buttsworth, R. Lafuente and M. Langford.