

	Monday 17/4	Tuesday 18/4	Wednesday 19/4	Thursday 20/4	Friday 21/4	Saturday 22/4		Sunday 23/4
09:15 - 09:45	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation	Free	Tao's Restaurant is open from 13:00
10:00 - 11:15	Hatha Yoga Niamh	Pilates Thalia	Osho Active Meditation (5€)	Hatha Yoga Niamh	Pilates Thalia	Hatha Yoga Niamh	10€	
11:30 - 13:00					Tai Chi Dimitra		10€	
18:00 - 19:30	Kundalini Yoga Basantapal		Yin Yoga Niamh		Yin Yoga Niamh		10€	

Multi Card: Weekly Card (all activities) 60€ ; Monthly Yoga 60€ ; Monthly Pilates 50€

Upcoming Workshops: The Neutral Mind | Kundalini Yoga with Carolyn Cowan (April 20-23)

Buddhist Teaching with Ven. Robina Courtin (May 12-14)

For more details please contact the office or call (+30) 22840 28882 ; taos@taos-greece.com ; www.taos-greece.com