

	Monday 14/08	Tuesday 15/08	Wednesday 16/08	Thursday 17/08	Friday 18/08	Saturday 19/08		Sunday 20/08
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	Flow Yoga Janine	Pilates Thalia	Tai Chi Dimitra	Flow Yoga Janine	Pilates Thalia	Flow Yoga Janine	15€	
11:30 - 12:30		Ring Guided Talk Orly	The Ball Game Noa	Ring Guided Talk Orly		Ring Guided Talk Orly	15€	
16:00-17:00	Osho Kundalini Meditation				Osho Kundalini Meditation		5€	
19:00-20:30	Kundalini Yoga Basantapal	Yin Yoga Janine	Yin Yoga Janine	Kundalini Yoga Basantapal	Yin Yoga Janine	19:30-21:30 Time to Dance Janine	15€	
	21:00 – 22:00 Manage Your Stress for Better Performance Doron (by donation)		21:30 <b>LIVE MUSIC</b> with KADINELA		21:30 Movie Night		Free	

Multi Card: Weekly Card (all activities) 70€ ; Monthly Yoga 70€ ; Monthly Ring 60€ ; Monthly Pilates 60€

**Upcoming Workshops : The Power of Breath | Kundalini Yoga with Carolyn Cowan, August 26-30**

For more details please contact the office or call (+30) 22840 28882 ; [taos@taos-greece.com](mailto:taos@taos-greece.com) ; [www.taos-greece.com](http://www.taos-greece.com)