

**Tai Chi Seminar** with Dimitra Zirou

	Monday 15/05	Tuesday 16/05	Wednesday 17/05	Thursday 18/05	Friday 19/05	Saturday 20/05	Sunday 21/05
09:15 - 09:45	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation	Free
10:00 - 11:15	Hatha Yoga Niamh	Pilates Thalia	The Ball Game Noa	Hatha Yoga Niamh	Pilates Thalia	Movement Playground Noa	10€
11:30 - 12:30		Ring Guided Talk		Ring Guided Talk		12:00-15:00 <b>SPRING BAZAAR</b> (Free)	10€
18:00 - 19:30	Yin Yoga Niamh		Yin Yoga Niamh			Yin Yoga Niamh	10€

Tao's Restaurant is open from 13:00

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

**Upcoming Workshops: Beyond Femininity with Orly Doctori (June 29 – July 2)**

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)