

Deep Bodywork	Evita	1.5h	80 €	Zen Shiatsu Massage	Cecilia	1h/ 1.5h	60€ / 70€
Deep therapeutic bodywork based on myofascial release and rebalancing. Acts on the layers of fascia to release chronic tensions. Brings freedom from pain, emotional awareness & deep connection with oneself (without oil).				Japanese massage technique involving stretching of joints, releasing blockages in the body and re-balancing the body's natural energy, by focusing on the meridian lines and pressure points. (Fully-clothed)			
Combined Holistic Massage	Ale	1h / 1.5h	60€ / 70€	Trigger Point	Maria	1.5h	70€
Combination of Thai, Swedish & Deep tissue techniques focusing on breath, fluid & slow movements, stretchings & twists; releasing tension & relaxing the nervous system (with oil).				Reducing tightness and chronic pain using pressure points and broad strokes, renewing both body and mind (with or without oil)			
Thai Massage & Acupressure	Dimitris	1.5h	70 €	InLove Therapy	Orly	1 to 1.5h	110 €
Combining pressure points, stretching and mobilizations, releasing muscle tension and balancing energy circulation (with our without oil).				Counseling, creative sessions, healing, Day & Night Dream work, waking up to your true self.			
Harmonizing Touch	Eva	1.5h	80€	Astrology Chart Readings	Ronit	1.5h	80 €
Combination of biodinamic craniosacral therapy, Ayurvedic pressure points, Quiro massage, organ balancing with Chi Nei Tsang and energy healing (with or without oil).				Patterns, themes & life lessons in birth chart, current points to deal with & the challenges presented at this time.			
Californian / Esalen Massage	Barbara	1.5h	80€	Pilates Magic Circle	Thalia	1h	70 €
Relaxation Massage with oil. Relieves stress & tension. Deep muscle work, gentle rocking & stretching.				Increases body awareness providing resistance for muscular strength & endurance. Sculpts & defines upper & lower body.			

For Private Yoga classes, please ask at the office.

Reservations can be made at the office, by mail to: taos@taos-greece.com or call 22840-28882 ; www.taos-greece.com