

<b>Californian/Esalen Massage</b>	Barbara	1.5h	70 €	<b>Shiatsu</b>	Panayiota	1.5h	70 €
Relaxation Massage with oil. Relieves stress & tension. Deep muscle work, gentle rocking & stretching.				Free flow of breathing, rebalance of the flow of energy (Ki), pain relief, tension release, revitalization, deep mind/body relaxation, mind clarity, mindbody unity & harmony, inner peace.			
<b>Deep bodywork</b>	Evita	1.5h	70 €	<b>Deep Tissue Massage</b>	Avi	1h	60 €
Deep therapeutic bodywork based on myofascial release and rebalancing. Brings freedom from pain, emotional awareness & deep connection with oneself.				The purpose of the massage is to reach to the fascia-the most deepest layer of the muscles.Focused to release chronic pains in the muscle,that might can stick, improving the blood flow,moving toxic out & releasing tension.			
<b>Harmonizing Massage</b>	Eva	1.5h	70 €	<b>InLove Therapy</b>	Orly	1 to 1.5h	90 €
Healing oil massage, combines acupuncture, muscle relaxation techniques, organ balancing & energetic healing				Counseling, creative sessions, healing, Day & Night Dream work, waking up to your true self.			
<b>Thai Massage &amp; Acupressure</b>	Dimitris	1.5h	70 €	<b>Astrology Chart Readings</b>	Ronit	1.5h	80 €
Influenced from Shiatsu and offering Kinetic Counseling according to the needs of each person.				Patterns, themes & life lessons in birth chart, current points to deal with & the challenges presented at this time.			
<b>Relaxing Massage</b>	Ioanna	1h / 1.5h	60€ / 70€	<b>Harmonizing Therapy</b>	Eva	1 to 1.5h	60€ / 70€
With St. John`s Wort. Light touch to increase lymphatic flow, reduce edema & cellulite, relax the muscles & enhance the skin quality.				Releasing blockages & restoring flow of vital energies through gentle touch. Biodynamic Craniosacral, Sutrama & healing stones.			
<b>Passive Yoga Massage</b>	Muge	1h / 1.5h	60€ / 70€	<b>Pilates Magic Circle</b>	Thalia	1h	70€
Using passive stretching & gentle pressure along the body energy- lines, to increase flexibility, relieve muscle, tension & balance the body's energy.				Increases body awareness providing resistance for muscular strength & endurance. Sculpts & defines upper & lower body.			
<b>Therapeutic Massage</b>	Tania	1h / 1.5h	60€ / 70€				
A personalised holistic massage, adapted to each body's needs. It combines elements of relaxation & deep tissue massage, providing a full body & soul refreshment.							

*For Private Yoga classes, please ask at the office.*

Reservations can be made at the office, by mail to: [taos@taos-greece.com](mailto:taos@taos-greece.com) or call 22840-28882 ;  
payment is in cash at the office ; [www.taos-greece.com](http://www.taos-greece.com)