

Californian/Esalen Massage	Barbara	1.5h	70 €	InLove Therapy	Orly	1 to 1.5h	90 €
Relaxation Massage with oil. Relieves stress & tension. Deep muscle work, gentle rocking & stretching.				Counseling, creative sessions, healing, Day & Night Dream work, waking up to your true self.			
Deep bodywork	Evita	1.5h	70 €	Astrology Chart Readings	Ronit	1.5h	80 €
Deep therapeutic bodywork based on myofascial release and rebalancing. Brings freedom from pain, emotional awareness & deep connection with oneself.				Patterns, themes & life lessons in birth chart, current points to deal with & the challenges presented at this time.			
Harmonizing Massage	Eva	1.5h	70 €	Harmonizing Therapy	Eva	1 to 1.5h	60€ / 70€
Healing oil massage, combines acupressure, muscle relaxation techniques, organ balancing & energetic healing				Releasing blockages & restoring flow of vital energies through gentle touch. Biodynamic Craniosacral, Sutrama & healing stones.			
Thai Massage & Acupressure	Dimitris	1.5h	70 €	Pilates Magic Circle	Thalia	1h	70€
Influenced from Shiatsu and offering Kinetic Counseling according to the needs of each person.				Increases body awareness providing resistance for muscular strength & endurance. Sculpts & defines upper & lower body.			
Relaxing Massage	Ioanna	1h / 1.5h	60€ / 70€	Healing Yin Yoga for women	Eleni	1h / 1.5h	60€ / 70€
With St. John`s Wort. Light touch to increase lymphatic flow, reduce edema & cellulite, relaxe the muscles & enhance the skin quality.				Long held yoga poses & breath work to remove blockages from the physical and emotional body. Essential oils are also used accordingly.			
Therapeutic Massage	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 or call 22840-28882 ;
payment is in cash at the office ; www.taos-greece.com