

	Monday 06/08	Tuesday 07/08	Wednesday 08/08	Thursday 09/08	Friday 10/08	Saturday 11/08		Sunday 12/08
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	<b>Vinyasa Yoga</b>  Magda	<b>Pilates</b>  Thalia	<b>Chi Kung</b>  Dimitris	<b>Vinyasa Yoga</b>  Eleni	<b>Pilates</b>  Thalia	<b>Kundalini Yoga</b>  Alexandra	15€	
11:30 - 12:30		<b>The Ring Guided Talk</b>  Orly		<b>The Ring Guided Talk</b>  Orly		<b>The Ring Guided Talk</b>  Orly	15€	
19:00 - 20:30		<b>Kundalini Yoga</b>  Alexandra	<b>Cacao Ceremony &amp; mantra circle</b>  Alexia 19:00 – 21:00 (25€)	<b>Yin Yoga</b>  Eleni	<b>Odyssey</b>  A soul journey through Chakras  <b>2nd Chakra:</b> Change, Polarities, Creativity  Alexandra 19:00 – 21:00 (20€)	<b>Inversions lovers workshop</b>  Eleni 19:00 – 21:30 (25€)	15€	
			<b>LIVE MUSIC</b> Jazz  21:30 (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 28-September 01

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)