

| | Monday 10/09 | Tuesday 11/09 | Wednesday 12/09 | Thursday 13/09 | Friday 14/09 | Saturday 15/09 | | Sunday 16/09 |
|---------------------|---|---|--|--|--|---|------|--|
| 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 | Hatha Yoga Muge | Pilates Thalia | The Ball Game Noa | Hatha Flow Yoga Soumya | Pilates Thalia | Kundalini Yoga Alexandra | 15€ | |
| 11:30 - 12:30 | | The Ring Guided Talk Orly | | The Ring Guided Talk Orly | | The Ring Guided Talk Orly | 15€ | |
| 19:00 - 20:30 | Intro Open Floor with Rivi Diamond (Free) | Kundalini Yoga Alexandra | Yin Yoga Muge | Gentle Therapeutic Yoga Muge | Odyssey A soul journey through Chakras 6th Chakra: Intuition, Vision, Imagination Alexandra 19:00 – 21:00 (20€) | Yin Yoga Muge | 15€ | |
| | | | LIVE MUSIC Kadinelia 21:30 (Free) | | | | | |

Multi Card: Weekly Card (all activities) 70€ ; Monthly Yoga 70€ ; Monthly Ring 60€ ; Monthly Pilates 60€

Upcoming Workshops :Playful Live/Movement Improvisation, with Ilanit Tadmor ,September 22-25

For more details please contact the office or call (+30) 22840 28882 ; taos@taos-greece.com ; www.taos-greece.com