



Therapies, Body Work & Personal Counseling

Deep Bodywork	Evita	1.5h	120 €		Zen Shiatsu Massage	Maria	1 / 1.5h	80 / 120€
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 (<i>without oil</i>).				Japanese massage technique involving stretching of joints, releasing blockages and re-balancing the body's natural energy by focusing on the meridian lines and pressure points (<i>on a mattress, fully-clothed, without oil</i>).				
Combined Holistic Massage	Ale	1 / 1.5h	80 / 120€		Harmonizing Therapy	Eva	1.5h	120 €
Combining Thai, Swedish & Deep tissue techniques focusing on breath, slow movements, stretchings & twists; releasing tension & relaxing the nervous system (<i>with oil</i>).				Holistic natural medicine, Ayurvedic acupressure, Chi Nei Tsang organ balancing, Biodynamic craniosacral therapy, Bars Access Consciousness and self healing tools (<i>with oil</i>).				
Thai Massage & Acupressure	Dimitris	1.5h	120 €		Harmonizing Body, Mind & Soul	Eva	1.5h	130 €
Combining pressure points, stretching and mobilizations, releasing muscle tension and balancing energy circulation (<i>on a mattress, fully clothed, with/out oil</i>).				Somatic and compassionate approach to working with the mind and emotions. Bio-Deprogramming symptoms and patterns in both body and mind, supplying tools to connect to one's authenticity and creative power.				
Relaxing Massage	Dimitris	1 / 1.5h	80 / 120€		Astrology Birth Chart Reading	Ronit	1.25hr	130 €
Combination of muscle relaxation techniques, pressure points, organ balancing and energy healing, tailored to one's needs and aimed at deep relaxation (<i>with/out oil</i>).				Patterns, themes and life lessons, current points to deal with and challenges presented at this time. Optional Solar Return chart, focusing on the coming year of yours.				
Human Design	Noa	1.25hr	90 €		InLove Therapy Counseling	Orly	1h	120 €
Putting into light your natural way of interacting with people and life, decision making, inner timing and trust, according to your Human Design type.				Counseling, creative sessions, healing, Day & Night Dream work, waking up to your true self.				
Private Yoga Pilates Movement	Tao's Teachers	1h	70 €					

PLEASE RESERVE FEW DAYS AHEAD: +30 22840 28882 | taos@taos-greece.com | Whatsapp: +30 697 1538956