



# General Weekly Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		Sunday
09:45–10:15	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation	Free	
10:30–12:00	Vinyasa Yoga	The Ring	Chi Kung	Vinyasa Yoga	Intuitive Movement	Vinyasa Yoga	15€	Tao's Restaurant opens at 13:00
18:00-19:30	Kundalini Yoga	Yin Yoga	Kundalini Yoga	Yin Yoga	Kundalini Yoga	Active Meditation (by donation)	15€	

Please reserve your spot ahead | [taos@taos-greece.com](mailto:taos@taos-greece.com) | Tel: +30 22840 28882