



Tao's Weekly Schedule (General) | Check exact one closer to your visit

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		Sunday
09:15–09:45	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation	Free	
10:00–11:15	Pilates	Vinyasa Yoga	Chi Kung	Pilates	Vinyasa Yoga	Movement & Mindfulness	20€	
18:00–19:15	Yin Yoga		Restorative Yoga		Yin Yoga		20€	

Weekly Card 100€ | Monthly Yoga Card 150€

Please reserve your spot ahead: +30 22840 28882 | taos@taos-greece.com | Whatsapp: +30 697 1538956

Treatments, Therapies, Massages & Private Lessons | Please reserve few days ahead