

Tao's Weekly Schedule | from April 4, 2022

	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	Vinyasa Yoga Anna	Restorative Stretching Sharon	Somatic Awareness Maria	Vinyasa Yoga Anna	Therapeutic Yoga Sharon	Chi Kung Dimitris	15€	
18:00-19:30	Yin Yoga Sharon	Kundalini Yoga Alexandra	Active Meditation (by donation)	Yin Yoga Sharon	Kundalini Yoga Alexandra		15€	

Weekly Card 90€ | Monthly Yoga Card 120€

Please reserve your spot ahead: +30 22840 28882 | taos@taos-greece.com | Whatsapp: +30 693 4508654

Treatments, Therapies, Massages & Private Lessons | Please reserve at least a day ahead