



Tao's Weekly Schedule | 2023 (tentative)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		Sunday
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	Vinyasa Yoga Anna	Morning Flow Yoga Sharon	Movement & Mindfulness Ilanit	Vinyasa Yoga Anna	Morning Flow Yoga Sharon	Chi Kung Dimitris	15€	
18:00-19:15	Yin Yoga Sharon	Kundalini Yoga Alexandra	Soft Flow Yoga Anna	Yin Yoga Sharon	Kundalini Yoga Alexandra		15€	

Weekly Card 110€ | 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 few days ahead