



## Tao's Weekly Schedule (Tentative) | 2024 Season

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		Sunday
09:15–09:45	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation	Free	<b>Tao's Restaurant is open from 13:00</b>
10:00–11:15	Vinyasa Yoga Anna	Movement & Improvization	Pilates Eliza	Vinyasa Yoga Anna	Pilates Eliza	Chi Kung Dimitris	15€	
18:00-19:15	Active Meditation	Yin Yoga	Kundalini Yoga	Yin Yoga	Kundalini Yoga		15€	



Weekly Card 80€ | 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