



Tao's Weekly Schedule | April 22 - 28

	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	Pilates Eliza	Iyengar Yoga Tassos	Movement & Improvisation Noa	Pilates Eliza	Vinyasa Yoga Eliza	Chi Kung Dimitris	15€	



Tao's Restaurant is open daily from 18:00

Weekly Card 60€ | Monthly Yoga Card 120€

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**