



Tao's Weekly Schedule | July 7 - 13

	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 for Lunch & Dinner
10:00–11:15	Vinyasa Yoga Anna	Pilates Eliza	Chi Kung Dimitris	Pilates Eliza	Vinyasa Yoga Anna	Morning Flow & Stretch Arianna	20€	

Tao's Restaurant is open daily from 18:00

19:00–20:15	Yin Yoga Arianna	Movement, Awareness & Ball Game Noa		Yin Yoga Arianna		Tao's Restaurant is open for Lunch & Dinner	20€	
21:00				Live Jazz Trio				

Weekly Card 100€ | Monthly Yoga Card 150€ | Monthly Pilates Card 100€

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**