




Tao's Weekly Schedule | July 14 - 20

	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 Suzanne	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	Kundalini Yoga Alexandra	Yin Yoga Arianna		Tao's Restaurant is open for Lunch & Dinner	20€	
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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**