



Tao's Weekly Schedule | July 13 - 19

	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	Hatha Yoga Lydia	Vinyasa Yoga Anna	Hatha Yoga Irana	Hatha Yoga Lydia	Vinyasa Yoga Anna	Chi Kung Dimitris	20€	

19:00 – 20:15		Mindfulness in Motion Noa	Soft Afternoon Yoga Lydia		Yin Yoga Irana		20€	
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Tao's Restaurant is open daily from 18:00 | Saturday & Sunday from 13:00

Weekly Card 120€ | Monthly Yoga Card 150€

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**