



# Tao's Weekly Schedule | July 22 – 28

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		Sunday
09:15–09:45	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation	09:00 - 12:00	Free	<b>Tao's Restaurant is open from 13:00</b>
10:00–11:15	Pilates Eliza	Iyengar Yoga Meir	Chi Kung Dimitris	Iyengar Yoga Meir	Pilates Eliza	<b>Saturday Mini Yoga Workshop: Revisiting The Basics (60€)</b> Meir	20€	
11:30-12:30				The Ring Only			20€	

**Tao's Restaurant is open daily from 18:00**

19:00–20:15	Soft Vinyasa Anna		Slow Yoga Meir		Slow Yoga Meir		20€	
				21:00 Live Jazz				

Weekly Card 100€ | 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