



Tao's Weekly Schedule | June 15 - 21

	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€	
11:30 -12:45				Mindfulness in Motion Noa			20€	
18:00–19:15	Yin Yoga Sharon		Restorative Yoga Lydia		Yin Yoga Irana		20€	

Tao's Restaurant is open daily from 18:00 | Saturday & Sunday from 13:00

Weekly Card 120€ | 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**