

Tao's Weekly Schedule | November 8 - 14

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------------------------------|-------------------------------|--------------------|-----------|-------------------------------|--------------------|----------|--------|
| 09:15–09:45 | Morning Meditation | | | Morning Meditation | | | Free |
| 10:00–11:15 | Restorative Vinyasa Sharon | | | Therapeutic Vinyasa Sharon | | | 15€ |
| Afternoon Yoga starts at 17:00 | | | | | | | |
| 17:00-18:30 | | Yin Yoga Sharon | | | Yin Yoga Sharon | | 15€ |



Pay per Lesson or by Weekly Card (50€)

Please reserve your spot: +30 22840 28882 | taos@taos-greece.com | Whatsapp: +30 693 4508654

Treatments, Therapies, Massages & Private Lessons | Please reserve at least a day ahead