

Tao's Weekly Schedule | October 12 - 18

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		Sunday
09:00 – 09:30	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation	Free	Tao's Restaurant is open from 13:00
09:45 – 11:00	Morning Yoga Sharon	Morning Yoga Sharon	Morning Yoga Sharon	Morning Yoga Sharon	Hatha Yoga Lydia (20€)	Vinyasa Yoga Anna (20€)	25€	

Special morning & afternoon Yoga sessions with Sharon

Please note the change of hours and price

17:45 – 19:00	Soft Afternoon Yoga Sharon	Soft Afternoon Yoga Sharon	Soft Afternoon Yoga Sharon		Yin Yoga Sharon (20€)		25€	
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Tao's Asian Restaurant is open daily from 18:00 | Saturday & Sunday from 13:00

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