



## Tao's Weekly Schedule | October 20 - 26

|             | Monday             | Tuesday              | Wednesday            | Thursday           | Friday               | Saturday                          |      | Sunday                                                 |
|-------------|--------------------|----------------------|----------------------|--------------------|----------------------|-----------------------------------|------|--------------------------------------------------------|
| 09:15–09:45 | Morning Meditation | Morning Meditation   | Morning Meditation   | Morning Meditation | Morning Meditation   | Morning Meditation                | Free | <b>Tao's Restaurant is open for Lunch &amp; Dinner</b> |
| 10:00–11:15 | Pilates<br>Eliza   | Vinyasa Yoga<br>Anna | Chi Kung<br>Dimitris | Pilates<br>Eliza   | Vinyasa Yoga<br>Anna | Morning Stretch & Flow<br>Suzanne | 20€  |                                                        |

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

|             |                             |  |  |                     |  |                                                        |     |                                                                                     |
|-------------|-----------------------------|--|--|---------------------|--|--------------------------------------------------------|-----|-------------------------------------------------------------------------------------|
| 18:00–19:15 | Slow Afternoon Yoga<br>Anna |  |  | Yin Yoga<br>Suzanne |  | <b>Tao's Restaurant is open for Lunch &amp; Dinner</b> | 20€ |  |
|-------------|-----------------------------|--|--|---------------------|--|--------------------------------------------------------|-----|-------------------------------------------------------------------------------------|

Weekly Card 100€ | Monthly Yoga Card 150€ | Monthly Pilates Card 100€

**Please reserve your spot ahead:** +30 22840 28882 | [taos@taos-greece.com](mailto:taos@taos-greece.com) | Whatsapp: +30 697 1538956

Treatments, Therapies, Massages & Private Lessons | **Please reserve few days ahead**