




Tao's Weekly Schedule | October 21 - 27

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		Sunday
09:15–09:45	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation	Free	
10:00–11:15	Pilates Eliza	Vinyasa Yoga Anna T.	Chi Kung Dimitris	Vinyasa Yoga Anna P.	Pilates Eliza	12:00 -15:00 Autumn Exchange Bazaar (Restaurant open for Lunch)	20€	Tao's Restaurant is open from 13:00
Tao's Restaurant is open daily from 18:00								
18:00–19:15	Yin Yoga Sharon	Restorative Yoga Sharon	Wild Root Vocal Journey Ceremony Amit	Yin Yoga Sharon			20€	

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