



Tao's Weekly Schedule | October 27 – November 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		Sunday
09:15–09:45	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation	Free	LAST DAY in Tao's Restaurant! Lunch & Dinner
10:00–11:15	Pilates Eliza	Vinyasa Yoga Anna	Chi Kung Dimitris	Pilates Eliza	Vinyasa Yoga Anna	Morning Stretch & Flow Suzanne	20€	
		Tao's Restaurant is open for lunch & dinner				Tao's Restaurant is open for lunch & dinner		

Tao's Restaurant is open daily from 18:00 | Tuesday, Saturday & Sunday also for lunch, from 13:00

Weekly Card 100€ | 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**