




Tao's Weekly Schedule | October 28 - November 3

	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 Sharon	Pilates Eliza		20€	Tao's Restaurant is open from 13:00

LAST WEEK of the season in Tao's Restaurant | Open daily from 18:00

18:00–19:15	Yin Yoga Sharon		Restorative Yoga Sharon		Yin Yoga Sharon		20€	
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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