



## Tao's Weekly Schedule | September 16 - 22

	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 from 13:00</b>
10:00–11:15	Pilates Eliza	Vinyasa Yoga Anna T.	Chi Kung Dimitris	Vinyasa Yoga Eliza	Pilates Eliza	10:30-13:00 <b>Collage: The Art of Free Imagination</b> (30€) Roni	20€	

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

19:00–20:15	Breathwork & Sound Healing Maree	Full Moon Meditation (Rooftop) Alexandra	Chakra Dance & Gong Bath Maree	Yin Yoga Raquel		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