



# Tao's Weekly Schedule | September 18 - 24

|             | 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 | Vinyasa Yoga<br>Anna | Iyengar Yoga<br>Tassos    | Pilates<br>Eliza            | Vinyasa Yoga<br>Anna            | Pilates<br>Eliza       | Chi Kung<br>Dimitris | 15€  |  |
| 18:00-19:15 |                      | Osho Kundalini Meditation | Kundalini Yoga<br>Alexandra | Breathwork & Gong Bath<br>Maree | Soft Flow Yoga<br>Anna |                      | 15€  |  |

Weekly Card 80€ | Monthly Yoga Card 120€

Please reserve your spot ahead: +30 22840 28882 | taos@taos-greece.com | Whatsapp: +30 693 4508654

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