



Tara Kanti  
Erechthiou 12, Koukaki  
T. 6936816989

MON

Workshops\*

TUE

Vinyasa Yoga  
Mary Kate Sheehan  
20:00-21:30

Hatha Flow Yoga\*  
Online  
Vily Alexiou  
20:00-21:30

WED

Yoga  
Lilianna Zourbanou  
20:00-21:30

THU

Vinyasa Yoga  
Mary Kate Sheehan  
20:00-21:30

FRI

Womb Yoga\*  
Fani Balta  
19:30-20:45

SAT

Hatha Flow Yoga  
Vily Alexiou/  
Mary Kate Sheehan  
10:30-11:45  
Kids Yoga\*  
Vily Alexiou  
12:00-13:00

SUN

Monthly Kirtan\*  
SAT/SUN  
Workshops\*

\* Απαραίτητη η κράτηση θέσης