

# Belfast Yoga Studio

# 25 Years!

9 Field Street, 302 Belfast Center, Belfast, ME 04915  
 Marianna Moll (207) 338-3930



## FALL-WINTER SESSION 2017 - Extension

Days/Hours	Level - Class	Instructor	Dates/Notes
MONDAY 6:00 - 7:30 PM	Yoga - All Levels	April Dove	November 27- December 18 3 weeks <b>no class Dec 4</b>
TUESDAY 9:00 - 9:15 AM	Yamuna® Foot Fitness - Women	Marianna Moll	November 28-December 19 4 weeks
TUESDAY 9:15 - 10:15 AM	Yamuna® Body Rolling	Marianna Moll	November 28-December 19 4 weeks
TUESDAY 10:15 - 11:30 AM	Yamuna Yoga - Women Level 1	Marianna Moll	November 28-December 19 4 weeks
TUESDAY 5:00 - 5:15 PM	Yamuna® Foot Fitness	Marianna Moll	November 28-December 19 4 weeks
TUESDAY 5:15 - 6:15 PM	Yamuna® Body Rolling	Marianna Moll	November 28-December 19 4 weeks
FRIDAY 9:15 - 9:30 AM	Yamuna® Foot Fitness	Marianna Moll	December 2- December 22 4 weeks
FRIDAY 9:30 - 10:30 AM	Yamuna® Body Rolling	Marianna Moll	December 2- December 22 4 weeks

After 5:30 PM and weekends use Door 1, at rear of building! Day Classes may use Door 4 on Field Street.

Absence is non-refundable. Make ups allowed in same session with any teacher.

**First-time students- First class of the session is free!**

### DROP-IN RATES PER CLASS:

Yoga class: \$12  
 Yamuna® Body Rolling \$10  
 Yamuna® Foot Fitness \$5  
 YBR & Yoga Combo \$20  
 YFF & YBR Combo \$13  
 All 3 Combo \$23

### SAVE WITH PRE-PAID RATES:

ALL YOGA CLASSES \$10 PER CLASS PRE-PAID  
 Yamuna® Body Rolling (YBR):\$8 PER CLASS  
 Yamuna® Foot Fitness (YFF): \$3 PER CLASS  
 YFF & YBR Combo: \$11 FOR BOTH CLASSES  
 YBR & Yoga Combo: \$17 FOR BOTH CLASSES  
 YFF & YBR & Yoga Combo: \$20 FOR ALL THREE

### PRIVATE SESSIONS AND BODYWORK WITH MARIANNA MOLL

Individual Yoga & YBR Instruction	Hourly Rate	\$60 hour
Yamuna® Table Treatment	Per Full Session	\$90
Yamuna® Body Logic	Per Full Session	\$100

**Please note:** As Yoga heightens one's senses, students may be more sensitive to perfumes, colognes, and other scented material.

Please, refrain from wearing fragrances. Thank You!

#### Snow cancellation policy:

AM classes are cancelled in accordance with Belfast School district.

PM classes check with teacher.

**Look for announcements on [www.belfastyoga.com](http://www.belfastyoga.com) and on our Facebook Page**