

Belfast Yoga Studio

25 Years!

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



FALL SESSION 2017

Days/Hours	Level - Class	Instructor	Dates/Notes
MONDAY 6:00 - 7:30 PM	Yoga - All Levels	April Dove	Sept 11 - Nov 20 10 weeks no class Oct 9
TUESDAY 9:00 - 9:15 AM	Yamuna® Foot Fitness - Women	Marianna Moll	Sept 12 - Nov 14 10 weeks
TUESDAY 9:15 - 10:15 AM	Yamuna® Body Rolling	Marianna Moll	Sept 12 - Nov 14 10 weeks
TUESDAY 10:15 - 11:30 AM	Yamuna Yoga - Women Level 1	Marianna Moll	Sept 12 - Nov 14 10 weeks
TUESDAY 5:00 - 5:15 PM	Yamuna® Foot Fitness	Marianna Moll	Sept 12 - Nov 14 10 weeks
TUESDAY 5:15 - 6:15 PM	Yamuna® Body Rolling	Marianna Moll	Sept 12 - Nov 14 10 weeks
FRIDAY 9:15 - 9:30 AM	Yamuna® Foot Fitness	Marianna Moll	Sept 8 - Nov 17 10 weeks
FRIDAY 9:30 - 10:30 AM	Yamuna® Body Rolling	Marianna Moll	Sept 8 - Nov 17 10 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 and on our Facebook Page