

Belfast Yoga Studio

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



Spring Schedule 2018

10 week Spring Session to start on Friday, March 23

BELFAST CLASSES: Belfast Yoga Studio

| Days/Hours | Level - Class | Instructor | Dates/Notes |
|--------------------------|---|---------------|--|
| MONDAY 6:00 - 7:30 PM | Yoga - All Levels | April Dove | March 26 - June 4 10weeks no class May 28 |
| TUESDAY 9:00 - 9:15 AM | Yamuna® Foot Fitness - Women | Marianna Moll | March 27- May 29 10 Weeks |
| TUESDAY 9:15 - 10:15 AM | Yamuna® Body Rolling | Marianna Moll | March 27- May 29 10 Weeks |
| TUESDAY 10:15 - 11:30 AM | Yamuna-Yoga Club experienced Yogis call M 338-3930 | Marianna Moll | March 27- May 29 10 Weeks |
| TUESDAY 5:00 - 5:15 PM | Yamuna® Foot Fitness | Marianna Moll | March 27- May 29 10 Weeks |
| TUESDAY 5:15 - 6:15 PM | Yamuna® Body Rolling | Marianna Moll | March 27- May 29 10 Weeks |
| FRIDAY 9:15 - 9:30 AM | Yamuna® Foot Fitness | Marianna Moll | March 23- June 1 10 weeks no class April 6 |
| FRIDAY 9:30 - 10:30 AM | Yamuna® Body Rolling | Marianna Moll | March 23- June 1 10 weeks no class April 6 |

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

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

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

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 our Facebook Page: facebook.com/belfastyoga