

Belfast Yoga Studio

25 Years!

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



WINTER SESSION 2018

BELFAST CLASSES: Belfast Yoga Studio

Days/Hours	Level - Class	Instructor	Dates/Notes
MONDAY 6:00 - 7:30 PM	Yoga - All Levels	April Dove	January 8 - March 12 10 Weeks
TUESDAY 9:00 - 9:15 AM	Yamuna® Foot Fitness - Women	Marianna Moll	January 9- March 13 10 Weeks
TUESDAY 9:15 - 10:15 AM	Yamuna® Body Rolling	Marianna Moll	January 9- March 13 10 Weeks
TUESDAY 10:15 - 11:30 AM	Yamuna Yoga - Women Level 1	Marianna Moll	January 9- March 13 10 Weeks
TUESDAY 5:00 - 5:15 PM	Yamuna® Foot Fitness	Marianna Moll	January 9- March 13 10 Weeks
TUESDAY 5:15 - 6:15 PM	Yamuna® Body Rolling	Marianna Moll	January 9- March 13 10 Weeks
FRIDAY 9:15 - 9:30 AM	Yamuna® Foot Fitness	Marianna Moll	January 12 - March 16 9 Weeks no class Feb 9
FRIDAY 9:30 - 10:30 AM	Yamuna® Body Rolling	Marianna Moll	January 12 - March 16 9 Weeks no class Feb 9

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:	SAVE WITH PRE-PAID RATES:
Yoga class: \$12	ALL YOGA CLASSES \$10 PER CLASS PRE-PAID
Yamuna® Body Rolling \$10	Yamuna® Body Rolling (YBR):\$8 PER CLASS
Yamuna® Foot Fitness \$5	Yamuna® Foot Fitness (YFF): \$3 PER CLASS
YBR & Yoga Combo \$20	YFF & YBR Combo: \$11 FOR BOTH CLASSES
YFF & YBR Combo \$13	YBR & Yoga Combo: \$17 FOR BOTH CLASSES
All 3 Combo \$23	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