

# Belfast Yoga Studio

# 25 Years!

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



## WINTER SESSION 2018

Winter Session make-up classes

April's Monday night Yoga class: make-up Monday, March 19

Marianna's Tuesday classes: make-up Tuesday March 21

### 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 <b>no class Feb 9</b>
FRIDAY 9:30 - 10:30 AM	Yamuna® Body Rolling	Marianna Moll	January 12 - March 16 9 Weeks <b>no class Feb 9</b>

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](https://facebook.com/belfastyoga)