

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® Hand & Foot Fitness - Women	Marianna Moll	March 27- May 22* 10 Weeks
TUESDAY 9:15 - 10:15 AM	Yamuna® Body Rolling	Marianna Moll	March 27- May 22* 10 Weeks
TUESDAY 10:15 - 11:30 AM	Yamuna-Yoga Club experienced Yogis call M 338-3930	Marianna Moll	March 27- May 22* 10 Weeks
TUESDAY 5:00 - 5:15 PM	Yamuna® Hand & 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® Hand & Foot Fitness	Marianna Moll	March 23- June 8 10 weeks no class May 25**
FRIDAY 9:30 - 10:30 AM	Yamuna® Body Rolling	Marianna Moll	March 23- June 8 10 weeks no class May 25**

*** Sign-ups can makeup class during other times or receive a credit. **June 8 makeup class for May 25**

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® Hand & Foot Fitness \$5	Yamuna® Hand & Foot Fitness (YH&FF): \$3 PER CLASS
YBR & Yoga Combo \$20	YH&FF & YBR Combo: \$11 FOR BOTH CLASSES
YH&FF & YBR Combo \$13	YBR & Yoga Combo: \$17 FOR BOTH CLASSES
All 3 Combo \$23	YH&FF & 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