

Belfast Yoga Studio

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

26 Years!



SUMMER SESSION 2018

ALL CLASSES TEN WEEKS

Days/Hours	Level - Class	Instructor	Dates/Notes
MONDAY 9:00 – 10:15AM	Gentle Yoga	Kathy Fotteral	June 11 - Aug 13
MONDAY 6:00 - 7:30 PM	Yoga - All Levels	April Dove	June 11 - Aug 13
TUESDAY 9:00 - 9:15 AM	Yamuna® Hand & Foot Fitness - Women	Marianna Moll	June 12 - Aug 14
TUESDAY 9:15 - 10:15 AM	Yamuna® Body Rolling -Women	Marianna Moll	June 12 - Aug 14
TUESDAY 10:15 - 11:30 AM	Yamuna Yoga Club Experienced Yogis call M. Moll 338-3930	Marianna Moll	June 12 - Aug 14
TUESDAY 5:00 - 5:15 PM	Yamuna® Hand & Foot Fitness	Marianna Moll	June 12 - Aug 14
TUESDAY 5:15 - 6:15 PM	Yamuna® Body Rolling	Marianna Moll	June 12 - Aug 14
WEDNESDAY 9:00 - 10:15 AM	Gentle Yoga	Kathy Fotteral	June 13 - Aug 22 NO CLASS JULY 4
FRIDAY 9:15 - 9:30 AM	Yamuna® Hand & Foot Fitness	Marianna Moll	June 15 - Aug 17
FRIDAY 9:30 - 10:30 AM	Yamuna® Body Rolling	Marianna Moll	June 15 - Aug 17

After 5:30 PM and weekends use Door 1, at the 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® Hand & 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® Hand & 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 our Facebook Page: facebook.com/belfastyoga