Belfast Yoga Studio

26 Years!

9 Field Street, 302 Belfast Center, Belfast, ME 04915

Marianna Moll (207) 338-3930

WINTER SESSION 2019

ALL CLASSES TEN WEEKS

Days/Hours	Level - Class	Instructor	Dates/Notes
SUNDAY 10:00-11:15AM	Hatha Flow (Drop-in only)	Kyla Quigley	January 13 – March 17
MONDAY 6:00 - 7:30 PM	Yoga - All Levels	April Dove	January 7 – March 18
			NO CLASS ON 1/28
TUESDAY 9:00 - 9:15 AM	Yamuna® Hand & Foot Fitness - Women	Marianna Moll	January 8 – March 12
TUESDAY 9:15 - 10:15 AM	Yamuna® Body Rolling -Women	Marianna Moll	January 8 – March 12
TUESDAY 10:15 - 11:30 AM	Yamuna® Yoga Club	Marianna Moll	January 8 – March 12
	Experienced Yogis call M. Moll 338-3930		
TUESDAY 5:00 - 5:15 PM	Yamuna® Hand & Foot Fitness	Marianna Moll	January 8 – March 12
TUESDAY 5:15 - 6:15 PM	Yamuna® Body Rolling	Marianna Moll	January 8 – March 12
FRIDAY 9:15 - 9:30 AM	Yamuna® Hand & Foot Fitness	Marianna Moll	January 11 – March 15
FRIDAY 9:30 - 10:30 AM	Yamuna® Body Rolling	Marianna Moll	January 11 – March 15

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 Treament	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