Belfast Yoga Studio

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

26 Years!

BELFAST YOGA STUDIO

SUMMER 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	June 9 – Aug 11
	At Belfast City Park. Cold/Rainy Days at Belfast Yoga Studio	Call/text Kyla at 207-975-1184 for details.	
MONDAY 9:00 – 10:15AM	Gentle Yoga	Kathy Fotteral	June 3 - Aug 5
MONDAY 6:00 - 7:30 PM	Yoga - All Levels	April Dove	June 3 - Aug 5
TUESDAY 9:00 - 9:15 AM	Yamuna® Hand & Foot Fitness - Women	Marianna Moll	June 4 - Aug 6
TUESDAY 9:15 - 10:15 AM	Yamuna® Body Rolling -Women	Marianna Moll	June 4 - Aug 6
TUESDAY 10:15 - 11:30 AM	Yamuna Yoga Club	Marianna Moll	June 4 - Aug 6
	Experienced Yogis call M. Moll 338-3930		
TUESDAY 5:00 - 5:15 PM	Yamuna® Hand & Foot Fitness	Marianna Moll	June 4 - Aug 6
TUESDAY 5:15 - 6:15 PM	Yamuna® Body Rolling	Marianna Moll	June 4 - Aug 6
WEDNESDAY 9:00 - 10:15 AM	Gentle Yoga	Kathy Fotteral	June 5 - Aug 7
FRIDAY 9:15 - 9:30 AM	Yamuna® Hand & Foot Fitness	Marianna Moll	June 7 - Aug 9
FRIDAY 9:30 - 10:30 AM	Yamuna® Body Rolling	Marianna Moll	June 7 - Aug 9

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