

Belfast Yoga Studio

28 Years!

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

Marianna Moll (207) 338-3930

Late SUMMER/FALL SESSION 2020 Unless otherwise noted all Classes are online via Zoom

Days/Hours	Level - Class	Instructor	Dates/Notes
SATURDAY 10:00 – 11:00 AM	Hatha Flow (Drop-in only) At Steamboat Landing next to the gazebo.	Kyla Quigley*	August 8 – TBD
MONDAY 5:30 – 7:00 PM (online)	Bhakti YOGA Asana (10 weeks)	Justin Maseychik	TBD
MONDAY 9:00 – 10:15 AM (online)	Vital Yoga for Well-Being (10 weeks)	Kathy Fotteral	August 10 – October 12
TUESDAY 9:00 - 10:15 AM (online)	Yamuna® Body Rolling – Women (10 weeks)	Marianna Moll	August 18 – October 20
TUESDAY 10:15 - 11:30 AM (online)	Yamuna® Yoga Club (10 weeks) Experienced Yogis call M. Moll 338-3930	Marianna Moll	August 18 – October 20
TUESDAY 5:00 - 6:15 PM (online)	Yamuna® Body Rolling (10 weeks)	Marianna Moll	August 18 – October 20
WEDNESDAY 9:00 – 10:15 AM (online)	Vital Yoga for Well-Being (10 weeks)	Kathy Fotteral	August 12 – October 14
FRIDAY 9:15 - 10:30 AM (online)	Yamuna® Body Rolling (10 weeks)	Marianna Moll	August 14 – October 16

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 \$15
- *Hatha Flow: Sliding Scale \$12-\$15
- Yamuna® Body Rolling \$12
- Bhakti YOGA Asana &15
- Slow Roll Self Care \$15
- Yamuna® Hand & Foot Fitness \$5
- YBR & Yoga Combo \$22
- YFF & YBR Combo \$15
- All 3 Combo \$25

SAVE WITH PRE-PAID RATES:

- ALL YOGA CLASSES \$12 PER CLASS PRE-PAID
- Yamuna® Body Rolling (YBR):\$9 PER CLASS
- Yamuna® Hand & Foot Fitness (YFF): \$4 PER CLASS
- YFF & YBR Combo: \$12 FOR BOTH CLASSES
- YBR & Yoga Combo: \$18 FOR BOTH CLASSES
- YFF & YBR & Yoga Combo: \$22 FOR ALL THREE
- Bhakti YOGA Asana \$108 for 10 week session
- Special Focus Class: \$15 PER CLASS

PRIVATE SESSIONS AND BODYWORK WITH MARIANNA MOLL

	Hourly Rate
Individual Yoga & YBR Instruction	Per Full Session \$60 hour
Yamuna® Table Treatment	Per Full Session \$90
Yamuna® Body Logic	\$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!

Look for announcements on our Facebook Page: facebook.com/belfastyoga