

Belfast Yoga Studio

28 Years!

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

Marianna Moll (207) 338-3930

2021 WINTER Schedule

Unless otherwise noted all Classes are online via Zoom

Days/Hours	Level - Class	Instructor	Dates/Notes
SATURDAY 10:00 – 11:00 AM <small>(online)</small>	Hatha Flow (Drop-in Only) Currently on-line Call/Text Kyla at 207-975-1184 for details	Kyla Quigley*	Call or Text Kyla 207-975-1184
MONDAY 5:30 – 7:00 PM <small>(online)</small>	Bhakti YOGA Asana	Justin Maseychik	TBD
TUESDAY 9:00 - 10:15 AM <small>(online)</small>	Yamuna® Body Rolling – Women (10 weeks)	Marianna Moll	January 5 – March 9
TUESDAY 5:00 - 6:15 PM <small>(online)</small>	Yamuna® Body Rolling (10 weeks)	Marianna Moll	January 5 – March 9
THURSDAY 6:30-7:45 PM <small>(online)</small>	Yoga with Lilly (11 weeks- 1 st two classes FREE)	Lilly McCoy	January 7 – March 18 1/7 & 1/14 Classes are FREE!
FRIDAY 9:15 - 10:30 AM <small>(online)</small>	Yamuna® Body Rolling (10 weeks)	Marianna Moll	January 8 – March 12

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