Belfast Yoga Studio

28 Years!

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

Marianna Moll (207) 338-3930

2021 SPRING Schedule

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)	Kyla Quigley*	Call or Text Kyla
(online)	Currently on-line Call/Text Kyla at 207-975-1184 for details		207-975-1184
MONDAY 5:30 – 7:00 PM	Bhakti YOGA Asana	Justin Maseychik	TBD
(online)			
TUESDAY 9:00 - 10:15 AM	Yamuna® Body Rolling – Women (10 weeks)	Marianna Moll	March 23 – May 25
(online)			
TUESDAY 5:00 - 6:15 PM	Yamuna® Body Rolling (10 weeks)	Marianna Moll	March 23 – May 25
(online)			
THURSDAY 6:30-7:45 PM	Yoga with Lilly (5 weeks)	Lilly McCoy	April 8 – May 6
(online)			
FRIDAY 9:15 - 10:30 AM	Yamuna® Body Rolling (10 weeks)	Marianna Moll	March 26 – May 28
(online)			

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 Treament	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