

# Belfast Yoga Studio

29 Years!

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

Marianna Moll (207) 338-3930

## 2022 WINTER Schedule

Unless otherwise noted all Classes are online via Zoom

Days/Hours	Level - Class	Instructor	Dates/Notes
SUNDAY 10:00 – 11:00 AM (online)	Hatha Flow (Drop-in Only) Call/Text Kyla at 207-975-1184 for information	Kyla Quigley*	Call or Text Kyla 207-975-1184
TBD	Bhakti YOGA Asana	Justin Maseychik	TBA
MONDAY 5:00 - 6:15 PM (online)	Yamuna® Body Rolling (10 weeks)	Marianna Moll	Jan. 10 – Mar. 14
TUESDAY 9:00 - 10:15 AM (online)	Yamuna® Body Rolling – (10 weeks)	Marianna Moll	Jan. 11 – Mar. 15
FRIDAY 9:30 – 10:45 AM (online)	Yamuna® Body Rolling (10 weeks)	Marianna Moll	Jan. 7 – Mar. 11

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:

Yamuna® Body Rolling \$16

Yoga class \$16 per class.

\*Hatha Flow: Sliding Scale \$12-\$16

### SAVE WITH PRE-PAID RATES:

Yamuna® Body Rolling (YBR):\$13 PER CLASS PRE-PAID

Session sign-up gives you access to all weekly YBR Zoom classes

ALL YOGA CLASSES \$13 PER CLASS PRE-PAID

Sign-up price is \$130 (plus \$4 PayPal surcharge)

### PRIVATE SESSIONS AND BODYWORK WITH MARIANNA MOLL

Hourly Rate

Individual Yoga & YBR Instruction

Per Full Session

\$60 hour

Yamuna® Table Treatment

Per Full Session

\$100

Yamuna® Body Logic

\$120

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](https://facebook.com/belfastyoga)