

Belfast Yoga Studio

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

Marianna Moll (207) 338-3930

30 Years!

2022 LATE SUMMER Schedule

We are now offering hybrid classes. In-studio or online with Zoom

Days/Hours	Level - Class	Instructor	Dates/Notes
SUNDAY 10:00 – 11:00 AM	Hatha Flow (Drop-in Only)	Kyla Quigley*	Call or Text Kyla
At the Belfast Boat House (outdoors)			207-975-1184
TBD	Bhakti YOGA Asana	Justin Maseychik	TBA
MONDAY 5:00 - 6:15 PM	Yamuna® Body Rolling (10 weeks)	Marianna Moll	Aug. 15 – Oct. 17
<i>(online & in-studio)</i>			
TUESDAY 9:00 - 10:15 AM	Yamuna® Body Rolling – (10 weeks)	Marianna Moll	Aug. 16 – Oct. 18
<i>(online & in-studio)</i>			
FRIDAY 9:30 – 10:45 AM	Yamuna® Body Rolling (10 weeks)	Marianna Moll	Aug. 19 – Oct. 21
<i>(online & in-studio)</i>			
<p>After 5:30 PM and weekends use Door 1, at the rear of building! Day Classes may use Door 4 on Field Street.</p> <p>Absence is non-refundable. Make ups allowed in same session with any teacher.</p> <p>First-time students - First class of the session is free!</p> <p>DROP-IN RATES PER CLASS: Yamuna® Body Rolling \$16 Yoga class \$16 per class. *Hatha Flow: Sliding Scale \$12-\$16</p> <p>SAVE WITH PRE-PAID RATES: Yamuna® Body Rolling (YBR):\$13 PER CLASS PRE-PAID ALL YOGA CLASSES \$13 PER CLASS Sign-up price is \$130 (plus \$5 PayPal surcharge) PRE-PAID Multiple Class Sign-up price is \$150 (plus \$5 PayPal surcharge) PRE-PAID</p>			
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