

# Belfast Yoga Studio

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

Marianna Moll (207) 338-3930

30 Years!

## 2023 SPRING Schedule

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

Days/Hours	Level - Class	Instructor	Dates/Notes
SUNDAY 9:30-11:00 AM	Kundalini Yoga (10 weeks)	Linda Prichard	Mar. 19 - May 21
<b>In-Studio only</b>			
MONDAY 9:30-10:30 AM	Kundalini Yoga (10 weeks)	Linda Prichard	Mar. 20 - May 22
<b>In-Studio only</b>			
MONDAY 5:00 - 6:15 PM	Yamuna® Body Rolling (10 weeks)	Marianna Moll	Mar. 20 - May 22
<b>(online &amp; in-studio)</b>			
TUESDAY 9:00 - 10:15 AM	Yamuna® Body Rolling – (10 weeks)	Marianna Moll	Mar. 21 - May 23
<b>(online &amp; in-studio)</b>			
WEDNESDAY 7:30-8:30 AM	Kundalini Yoga (10 weeks)	Linda Prichard	Mar. 22 - May 24
<b>In-Studio only</b>			
FRIDAY 9:30 – 10:45 AM	Yamuna® Body Rolling (10 weeks)	Marianna Moll	Mar. 17 - May 19
<b>(online &amp; in-studio)</b>			
TBD	Outdoor Hatha Flow (Drop-in Only)	Kyla Quigley*	Call or Text Kyla 207-975-1184

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.

### DROP-IN RATES PER CLASS:

Yamuna® Body Rolling \$16

Yoga class \$16 per class.

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

Kundalini Yoga class \$13 per class (One hour class)

Kundalini Yoga class \$18 per class (Sunday class)

### SAVE WITH PRE-PAID RATES:

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

ALL YOGA CLASSES \$13 PER CLASS (except Kundalini)

Sign-up price is \$130 (plus \$5 PayPal surcharge) PRE-PAID

Multiple Class Sign-up price is \$150 (plus \$5 PayPal surcharge) PRE-PAID

Kundalini Sunday Session \$150 (plus \$5 PayPal surcharge) PRE-PAID

Kundalini One Hour Classes \$100 (plus \$5 PayPal surcharge) PRE-PAID

### 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)

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