

# Belfast Yoga Studio

9 Field Street, 302 Belfast Center, Belfast, ME 04915  
 Marianna Moll (207) 338-3930

31 Years!

## 2024 WINTER Schedule

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

Days/Hours	Level - Class	Instructor	Dates/Notes
MONDAY 5:00 - 6:15 PM <i>(online &amp; in-studio)</i>	Yamuna® Body Rolling (10 weeks)	Marianna Moll	Jan. 8 – March 11
TUESDAY 9:00 - 10:15 AM <i>(online &amp; in-studio)</i>	Yamuna® Body Rolling (10 weeks)	Marianna Moll	Jan. 9 – March 12
TUESDAY 3:00 – 5:00 PM <i>In-Studio only</i>	Expressive Arts Workshop	Barbara Davis	To Be Announced
FRIDAY 9:30 – 10:45 AM <i>(online &amp; in-studio)</i>	Yamuna® Body Rolling (10 weeks)	Marianna Moll	Jan. 5 – March 8

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 \$18

Yoga class \$15 per class.

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

### SAVE WITH PRE-PAID RATES:

Yamuna® Body Rolling (YBR):\$15 PER CLASS PRE-PAID

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

Multiple Class Sign-up price is \$175 (plus \$5 PayPal surcharge) PRE-PAID

ALL YOGA CLASSES \$12 PER CLASS

10 week Yoga Class \$120 (plus \$5 PayPal surcharge) PRE-PAID

## PRIVATE SESSIONS AND BODYWORK WITH MARIANNA MOLL

Individual Yoga & YBR Instruction	Hourly Rate	\$60 hour
Yamuna® Table Treatment	Per Full Session	\$100
Yamuna® Body Logic	Per Full Session	\$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)