

# Belfast Yoga Studio

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

Marianna Moll (207) 338-3930

31 Years!

## 2024 SUMMER 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	June 3 – Aug. 5
TUESDAY 9:00 - 10:15 AM <i>(online &amp; in-studio)</i>	Yamuna® Body Rolling (10 weeks)	Marianna Moll	May 28 - July 30
FRIDAY 9:30 – 10:45 AM <i>(online &amp; in-studio)</i>	Yamuna® Body Rolling (10 weeks)	Marianna Moll	May 31 – Aug. 2

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.

<p><b>DROP-IN RATES PER CLASS:</b>                  Yamuna® Body Rolling \$18                  Yoga class \$15 per class.                  *Hatha Flow: Sliding Scale \$12-\$16</p>	<p><b>SAVE WITH PRE-PAID RATES:</b>                  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</p>
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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)

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