

Belfast Yoga Studio

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

Marianna Moll (207) 338-3930

32 Years!

2024 FALL 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 & in-studio)</i> | Yamuna® Body Rolling (9 weeks) | Marianna Moll | Oct. 21 – Dec. 23 No Class Nov. 25 |
| TUESDAY 9:00 - 10:15 AM <i>(online & in-studio)</i> | Yamuna® Body Rolling (9 weeks) | Marianna Moll | Oct. 15 – Dec. 17 No Class Nov. 26 |
| FRIDAY 9:30 – 10:45 AM <i>(online & in-studio)</i> | Yamuna® Body Rolling (9 weeks) | Marianna Moll | Oct. 18 – Dec. 20 No Class Nov. 29 |

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 \$20

SAVE WITH PRE-PAID RATES:

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

Sign-up price is \$135 (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

9 week Yoga Class \$135 (plus \$5 PayPal surcharge) PRE-PAID

PRIVATE SESSIONS AND BODYWORK WITH MARIANNA MOLL

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|-----------------------------------|------------------|-----------|
| 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