

# Belfast Yoga Studio

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

Marianna Moll (207) 338-3930

32 Years!

## 2025 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. 6 – March 17 <b>No Class on March 10</b>
TUESDAY 9:00 - 10:15 AM <i>(online &amp; in-studio)</i>	Yamuna® Body Rolling (10 weeks)	Marianna Moll	Jan. 7 – March 18 <b>No Class on March 11</b>
FRIDAY 9:30 – 10:45 AM <i>(online &amp; in-studio)</i>	Yamuna® Body Rolling (10 weeks)	Marianna Moll	Jan. 10 – March 14

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 \$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)

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