

# Belfast Yoga Studio

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

33 Years!

## 2026 SPRING 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	March 23 – May 25
TUESDAY 9:00 - 10:15 AM <i>(online &amp; in-studio)</i>	Yamuna® Body Rolling (10 weeks)	Marianna Moll	March 24 – May 26
FRIDAY 9:30 – 10:45 AM <i>(online &amp; in-studio)</i>	Yamuna® Body Rolling (9 weeks)	Marianna Moll	NO CLASS ON MAY 22 March 27 – May 29* *(Cost: \$135 for 9 weeks)

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

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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