



Haven on the Lake (under Wholefoods)  
10275 Little Patuxent Parkway  
Columbia, MD 21044  
410-715-3020

**Self-Care is more important  
than ever so join us for  
*Haven's Salute to Veterans***

Classes are a mix of live and virtual... and FREE  
(just mention your veteran status)!!

**Wednesday, November 11, 2020**

1015am All Level Yoga--in person and filmed live (streamed on  
Google Meet)

11am Yoga Basics--in person and filmed live (streamed on  
Google Meet)

1pm Yin Yoga--on Google Meet

515pm Yin Yoga--in person and filmed live (streamed on Google  
Meet)

615pm Gentle Yoga--on Google Meet

715pm 30-minute Meditation--on Google Meet

645pm Vinyasa--in person filmed live (streamed on Google Meet)

Just call 410-715-3020 to register in advance for any or all  
of the classes. Plus, one lucky participant will be drawn randomly  
for a FREE one week membership to Haven on the Lake.  
(You will receive a google meets link in your email in order to attend the virtual classes)