

REBECCASNOW

Rebecca Snow Nutrition

Avalon Yoga and Wellness Center
10 Winters Lane, Catonsville MD, 21228

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Directions to **Avalon Yoga and Wellness Center in Catonsville, MD**

From 695 North or South

From 695 North or South take Exit 13 for Frederick Rd West towards Catonsville. Travel ½ mile on Frederick Rd and take a right on Winters Lane. Ships café is at the intersection of Frederick Rd and Winters Lane. Avalon Yoga and Wellness is on the right hand side right after the turn. Parking is adjacent to the building. Please do not park in Ships Cafe lot. Come in the front door of the Wellness Center and wait in the waiting area. I will come get you at the time of your visit. My office is on the first floor, down the hallway off the waiting area on the right hand side

From 29 North or South

From 29 North or South take exit 24A for Route 40 East. Take a right at the traffic light onto Rogers Ave. In ½ mile go straight onto Court House Dr, then in 2/10 of a mile take a slight right onto Ellicott Mills Dr. Follow this until it comes to a T and take a left at the traffic light onto Main Street/MD-144. Follow Main Street 3.86 miles through Ellicott City and into Catonsville where it turns into Frederick Rd. After the traffic light at Sanford Ave, turn left on Winters Lane. Ships café is at the intersection of Frederick Rd and Winters Lane. Avalon Yoga and Wellness is on the right hand side right after the turn. Parking is adjacent to the building. Please do not park in Ships Cafe lot. Come in the front door of the Wellness Center and wait in the waiting area. I will come get you at the time of your visit. My office is on the first floor, down the hallway off the waiting area on the right hand side.