



BEGINNER YOGA

**SATURDAY, OCTOBER 11
11 AM - NOON**

Yoga instructor and owner of OneZen Wellness in Long Beach, Brittany Simmons will be at Long Beach Public Library to teach a beginner yoga class geared for ages 15 through adult. See side panel for additional information.



209 Jeff Davis Avenue
Long Beach, MS 39560
228-863-0711
<https://www.longbeach.lib.ms.us>

RESERVE YOUR SPOT
BY CALLING THE
LIBRARY AT 863-0711.

CLASS IS FREE, BUT
YOU MUST HAVE
RESERVED A SPOT!

YOU MUST HAVE YOUR
OWN YOGA MAT AND
WATER.

CLASS WILL BE HELD
IN CHILDREN'S WING.

ONEZEN WELLNESS

6121 Beatline Rd, Suite 104
Long Beach, MS 39560
228-231-3393

www.onezenwellness.com

