



BEGINNER YOGA

SATURDAY, DECEMBER 13
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

