

NEWS RELEASE

MS Dept. of Marine Resources
1141 Bayview Ave., Biloxi 39530



FOR IMMEDIATE RELEASE

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ENHANCE ★ PROTECT ★ CONSERVE

Grand Bay NERR hosts “Yoga on the Estuary”

BILOXI, Miss. – The Grand Bay National Estuarine Research Reserve will hold a free beginning yoga session at 8:30 a.m. Saturday, Feb. 13, at its facility in Jackson County.

“Yoga on the Estuary” will be taught by Sandy Chesnut, who was certified as a yoga instructor in Baja, Mexico.

No prior experience is required, and all ages are welcome; however, children under 16 must be accompanied by an adult.

Participants will gather in the Coastal Resources Center at 8:30 a.m. to register. At 8:50 a.m., the group will carpool to the pavilion on Gautier Bayou. The class will be held from 9-10 a.m. After the class, the group will return to the center for light refreshments and a tour.

In case of inclement weather, the session will be held at the Coastal Resources Center.

The Grand Bay NERR is located at 6005 Bayou Heron Road in Jackson County. For directions, go to grandbaynerr.org.

For more information and to register, call 228-475-7047 or email jen.buchanan@dmr.ms.gov.

The NERR is managed through a state-federal partnership between the Mississippi Department of Marine Resources and the National Oceanic and Atmospheric Administration.

The Mississippi Department of Marine Resources is dedicated to enhancing, protecting and conserving marine interests of the state by managing all marine life, public trust wetlands, adjacent uplands and waterfront areas to provide for the optimal commercial, recreational, educational and economic uses of these resources consistent with environmental concerns and social changes. Visit the DMR online at dmr.ms.gov.

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