Chair Yoga to Improve Stability and Reduce Stress.

ocmd.events/events/chair-yoga-to-improve-stability-and-reduce-stress-1ebaec

SCAN FOR DETAILS

Sunday, November 1

7:00 PM – 7:00 PM

Ocean Pines Yoga — 10441 Racetrack Road, Berlin, MD

Chill out and boost your balance with easy chair yoga moves that help melt stress away.

CUT · TAKE ONE

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