

# Chair Yoga to Improve Stability and Reduce Stress.

Sunday, August 2  
8:00 PM – 8:00 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.



ocmd.events/events/  
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SCAN FOR DETAILS

CUT · TAKE ONE

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