

Chair Yoga to Improve Stability and Reduce Stress.

Tuesday, May 26

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/

[chair-yoga-to-improve-stability-and-reduce-stress-26b349](https://ocmd.events/events/ocmd.events/events/chair-yoga-to-improve-stability-and-reduce-stress-26b349)

SCAN FOR DETAILS

CUT · TAKE ONE



[ocmd.events
/e/d3f9a12e](https://ocmd.events/e/d3f9a12e)

Tuesday, May
26



[ocmd.events
/e/d3f9a12e](https://ocmd.events/e/d3f9a12e)

Tuesday, May
26



[ocmd.events
/e/d3f9a12e](https://ocmd.events/e/d3f9a12e)

Tuesday, May
26



[ocmd.events
/e/d3f9a12e](https://ocmd.events/e/d3f9a12e)

Tuesday, May
26



[ocmd.events
/e/d3f9a12e](https://ocmd.events/e/d3f9a12e)

Tuesday, May
26



[ocmd.events
/e/d3f9a12e](https://ocmd.events/e/d3f9a12e)

Tuesday, May
26



[ocmd.events
/e/d3f9a12e](https://ocmd.events/e/d3f9a12e)

Tuesday, May
26



[ocmd.events
/e/d3f9a12e](https://ocmd.events/e/d3f9a12e)

Tuesday, May
26