

Chair Yoga to Improve Stability and Reduce Stress.

Thursday, July 30
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-42e9fb
SCAN FOR DETAILS

CUT · TAKE ONE

							
ocmd.events /e/7fc9d1f8	ocmd.events /e/7fc9d1f8	ocmd.events /e/7fc9d1f8	ocmd.events /e/7fc9d1f8	ocmd.events /e/7fc9d1f8	ocmd.events /e/7fc9d1f8	ocmd.events /e/7fc9d1f8	ocmd.events /e/7fc9d1f8
Thursday, July 30	Thursday, July 30	Thursday, July 30	Thursday, July 30	Thursday, July 30	Thursday, July 30	Thursday, July 30	Thursday, July 30