

# Chair Yoga to Improve Stability and Reduce Stress.

**Tuesday, August 18**

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/](https://ocmd.events/events/chair-yoga-to-improve-stability-and-reduce-stress-65a0fc)

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SCAN FOR DETAILS

----- CUT · TAKE ONE -----



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