

Chair Yoga to Improve Stability and Reduce Stress.

Tuesday, June 16

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-66967f](https://ocmd.events/events/ocmd.events/events/chair-yoga-to-improve-stability-and-reduce-stress-66967f)

SCAN FOR DETAILS

CUT · TAKE ONE



[ocmd.events /e/c4fb753f](https://ocmd.events/e/c4fb753f)

Tuesday, June 16



[ocmd.events /e/c4fb753f](https://ocmd.events/e/c4fb753f)

Tuesday, June 16



[ocmd.events /e/c4fb753f](https://ocmd.events/e/c4fb753f)

Tuesday, June 16



[ocmd.events /e/c4fb753f](https://ocmd.events/e/c4fb753f)

Tuesday, June 16



[ocmd.events /e/c4fb753f](https://ocmd.events/e/c4fb753f)

Tuesday, June 16



[ocmd.events /e/c4fb753f](https://ocmd.events/e/c4fb753f)

Tuesday, June 16



[ocmd.events /e/c4fb753f](https://ocmd.events/e/c4fb753f)

Tuesday, June 16



[ocmd.events /e/c4fb753f](https://ocmd.events/e/c4fb753f)

Tuesday, June 16