

Chair Yoga to Improve Stability and Reduce Stress.

Saturday, August 15

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-73fe5c](https://ocmd.events/events/chair-yoga-to-improve-stability-and-reduce-stress-73fe5c)

SCAN FOR DETAILS

CUT · TAKE ONE



[ocmd.events
/e/720c99fb](https://ocmd.events/e/720c99fb)

Saturday, August 15



[ocmd.events
/e/720c99fb](https://ocmd.events/e/720c99fb)

Saturday, August 15



[ocmd.events
/e/720c99fb](https://ocmd.events/e/720c99fb)

Saturday, August 15



[ocmd.events
/e/720c99fb](https://ocmd.events/e/720c99fb)

Saturday, August 15



[ocmd.events
/e/720c99fb](https://ocmd.events/e/720c99fb)

Saturday, August 15



[ocmd.events
/e/720c99fb](https://ocmd.events/e/720c99fb)

Saturday, August 15



[ocmd.events
/e/720c99fb](https://ocmd.events/e/720c99fb)

Saturday, August 15



[ocmd.events
/e/720c99fb](https://ocmd.events/e/720c99fb)

Saturday, August 15