

# Chair Yoga to Improve Stability and Reduce Stress.

Sunday, July 19  
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-791956  
SCAN FOR DETAILS

CUT · TAKE ONE

|                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                       |                                                                                       |                                                                                       |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
|  |  |  |  |  |  |  |  |
| ocmd.events<br>/e/6653741c                                                          | ocmd.events<br>/e/6653741c                                                          | ocmd.events<br>/e/6653741c                                                          | ocmd.events<br>/e/6653741c                                                          | ocmd.events<br>/e/6653741c                                                          | ocmd.events<br>/e/6653741c                                                            | ocmd.events<br>/e/6653741c                                                            | ocmd.events<br>/e/6653741c                                                            |
| Sunday, July 19                                                                     | Sunday, July 19                                                                     | Sunday, July 19                                                                     | Sunday, July 19                                                                     | Sunday, July 19                                                                     | Sunday, July 19                                                                       | Sunday, July 19                                                                       | Sunday, July 19                                                                       |