

Chair Yoga to Improve Stability and Reduce Stress.

Saturday, June 6

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-7c53a4](https://ocmd.events/events/ocmd.events/events/chair-yoga-to-improve-stability-and-reduce-stress-7c53a4)

SCAN FOR DETAILS

CUT · TAKE ONE



[ocmd.events
/e/75f7f647](https://ocmd.events/e/75f7f647)

Saturday, June 6



[ocmd.events
/e/75f7f647](https://ocmd.events/e/75f7f647)

Saturday, June 6



[ocmd.events
/e/75f7f647](https://ocmd.events/e/75f7f647)

Saturday, June 6



[ocmd.events
/e/75f7f647](https://ocmd.events/e/75f7f647)

Saturday, June 6



[ocmd.events
/e/75f7f647](https://ocmd.events/e/75f7f647)

Saturday, June 6



[ocmd.events
/e/75f7f647](https://ocmd.events/e/75f7f647)

Saturday, June 6



[ocmd.events
/e/75f7f647](https://ocmd.events/e/75f7f647)

Saturday, June 6



[ocmd.events
/e/75f7f647](https://ocmd.events/e/75f7f647)

Saturday, June 6