

Chair Yoga to Improve Stability and Reduce Stress.

Sunday, July 5

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-836955](https://ocmd.events/events/chair-yoga-to-improve-stability-and-reduce-stress-836955)

SCAN FOR DETAILS

CUT · TAKE ONE



ocmd.events/e/e0fbc30b

Sunday, July 5



ocmd.events/e/e0fbc30b

Sunday, July 5



ocmd.events/e/e0fbc30b

Sunday, July 5



ocmd.events/e/e0fbc30b

Sunday, July 5



ocmd.events/e/e0fbc30b

Sunday, July 5



ocmd.events/e/e0fbc30b

Sunday, July 5



ocmd.events/e/e0fbc30b

Sunday, July 5



ocmd.events/e/e0fbc30b

Sunday, July 5