

Chair Yoga to Improve Stability and Reduce Stress.

Tuesday, July 28

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-bae276](https://ocmd.events/events/chair-yoga-to-improve-stability-and-reduce-stress-bae276)

SCAN FOR DETAILS

----- CUT · TAKE ONE -----



[ocmd.events](https://ocmd.events/e/eefa4b88)
[/e/eefa4b88](https://ocmd.events/e/eefa4b88)

Tuesday, July
28



[ocmd.events](https://ocmd.events/e/eefa4b88)
[/e/eefa4b88](https://ocmd.events/e/eefa4b88)

Tuesday, July
28



[ocmd.events](https://ocmd.events/e/eefa4b88)
[/e/eefa4b88](https://ocmd.events/e/eefa4b88)

Tuesday, July
28



[ocmd.events](https://ocmd.events/e/eefa4b88)
[/e/eefa4b88](https://ocmd.events/e/eefa4b88)

Tuesday, July
28



[ocmd.events](https://ocmd.events/e/eefa4b88)
[/e/eefa4b88](https://ocmd.events/e/eefa4b88)

Tuesday, July
28



[ocmd.events](https://ocmd.events/e/eefa4b88)
[/e/eefa4b88](https://ocmd.events/e/eefa4b88)

Tuesday, July
28



[ocmd.events](https://ocmd.events/e/eefa4b88)
[/e/eefa4b88](https://ocmd.events/e/eefa4b88)

Tuesday, July
28



[ocmd.events](https://ocmd.events/e/eefa4b88)
[/e/eefa4b88](https://ocmd.events/e/eefa4b88)

Tuesday, July
28