Chair Yoga to Improve Stability and Reduce Stress.

ocmd.events/events/chair-yoga-to-improve-stability-and-reduce-stress-c37e90

SCAN FOR DETAILS

Thursday, November 5

7:00 PM – 7:00 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.

CUT · TAKE ONE

ocmd.events /e/638b756f **Thursday, November 5**	**ocmd.events** /e/638b756f **Thursday, November 5**	**ocmd.events** /e/638b756f **Thursday, November 5**	**ocmd.events** /e/638b756f **Thursday, November 5**	**ocmd.events** /e/638b756f **Thursday, November 5**	**ocmd.events** /e/638b756f **Thursday, November 5**	**ocmd.events** /e/638b756f **Thursday, November 5**	**ocmd.events** /e/638b756f **Thursday, November 5**