

Chair Yoga to Improve Stability and Reduce Stress.

Tuesday, June 30

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-e13fd8

SCAN FOR DETAILS

CUT · TAKE ONE



ocmd.events
/e/e1d0f37d

Tuesday, June 30



ocmd.events
/e/e1d0f37d

Tuesday, June 30



ocmd.events
/e/e1d0f37d

Tuesday, June 30



ocmd.events
/e/e1d0f37d

Tuesday, June 30



ocmd.events
/e/e1d0f37d

Tuesday, June 30



ocmd.events
/e/e1d0f37d

Tuesday, June 30



ocmd.events
/e/e1d0f37d

Tuesday, June 30



ocmd.events
/e/e1d0f37d

Tuesday, June 30