

Chair Yoga to Improve Stability and Reduce Stress Sun, Mon, Wed and Fri.



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chair-yoga-to-improve-stability-and-reduce-stress-sun-mon-wed-and-fri-7a4f
SCAN FOR DETAILS

Tuesday, May 12

8:00 PM – 8:00 PM

Ocean Pines Yoga — 10441 Racetrack Road, Berlin, MD

Join us for a relaxing and energizing Chair Yoga & Meditation

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