

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



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duce-stress-sun-mon-wed-and-fri-ff5fc  
SCAN FOR DETAILS

**Sunday, May 17**

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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Sunday, May 17



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