



NEWS RELEASE

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Sunrise Yoga program series: Morning Yoga in a beautiful park setting

[CHARLESTON COUNTY] – Charleston County Parks' Sunrise Yoga program is back at select park sites this spring and summer. The first Sunrise Yoga class in the series will be held Saturday, April 11 at Caw Caw Interpretive Center starting at 6:30 a.m.

Participants will stretch their bodies, awaken their minds, and fuel their spirits in this uplifting, intention-setting yoga class sure to enhance the day ahead. Sunrise Yoga is inclusive and open to all levels, including beginners, ages 10 and up. A registered and paid chaperone is required for participants ages 15 and under.

This year's Sunrise Yoga lineup is:

April 11, 6:30 a.m. at Caw Caw Interpretive Center

April 25, 6:30 a.m. at Folly Beach County Park

Aug. 22, 7 a.m. at Mount Pleasant Pier

Sept. 5, 7 a.m. at Kiawah Beachwalker Park

Early registration for Sunrise Yoga is available now at CharlestonCountyParks.com ([direct link](#)) for \$10.

Starting the Friday before each event, registration will increase to \$12.



About the Instructor

Alex Rogers, E-RYT 500 + YACEP, is grateful to be the daughter of a Yogi. The Charleston, SC native grew up watching her mom practice sun salutations (Surya Namaskaaram) every morning and legs-up-the-wall (Vipareeta Karani) at the end of each day. By 2003, Alex was undoubtedly a Yogi too. She began teaching in 2006 and completed both her 200-hour training and advanced 300-hour certification through Holy Cow Yoga Center, Charleston's longest-running yoga studio and school. Alex has led retreats, workshops and teacher trainings in addition to studying across the country with numerous international teachers.

Charleston County Parks' Starlight Yoga program will also hold several evening sessions at various park locations in 2026. For more information on [Sunrise Yoga](#) or any of Charleston County Parks' yoga programs, or to register, visit www.CharlestonCountyParks.com or call 843-795-4386.

The mission of CCPRC is to improve the quality of life in Charleston County by offering a diverse system of park facilities, programs and services. The large park system features over 11,000 acres of property and includes six regional parks, three beach parks, four seasonally-lifeguarded beach areas, three dog parks, two landmark fishing piers, three waterparks, 19 boat landings, a skate park, a historic plantation site, a climbing wall, a challenge course, an interpretive center, an equestrian center, cottages, a campground, a marina, as well as wedding, meeting and event facilities. CCPRC also offers a wide variety of recreational services - festivals, camps, classes, programs, and much more. For more information on CCPRC, call 843-795-4386 or visit www.charlestoncountyparks.com.



High-resolution photos available upon request

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