



NEWS RELEASE

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Yoga at the Festival of Lights: Experience a special holiday edition of Starlight Yoga Nov. 20

[JAMES ISLAND] – People of all fitness levels are invited to experience a unique outdoor evening yoga program under the glow of the Holiday Festival of Lights. This holiday edition of Charleston County Parks' Starlight Yoga series will take place at James Island County Park on Wednesday, Nov. 20.

Held in the meadow at Santa's Village from 6:30 – 7:30 p.m., this flowing yoga program is sure to get participants in the holiday spirit. Starlight Yoga will be led by popular local yoga instructor Ji Hwang. Ji's approach to teaching stems from her belief that yoga is for everyone. Ji safely guides and challenges her students using clear, precise instructions that focus on alignment and anatomy. Additional instructors will be on site to assist participants and demonstrate modifications, making this program fun and accessible to all.



Starlight Yoga is open to all fitness levels, and interested participants are encouraged to sign up for the program by Oct. 30 to get a special glow-in-the-dark prize. In case of inclement weather, the event will be rescheduled for Dec. 4.

Registration for Starlight Yoga at the Holiday Festival of Lights is \$5 per person in advance at

CharlestonCountyParks.com. Online registration will end Nov. 20 at 2 p.m.; event-day registration is available on site for \$8. A separate festival gate admission of \$20 per vehicle (of up to 15 guests) is required and is payable at the gate. Admission is only \$15 per vehicle (1-15 guests) with the donation of a canned food item or dog/cat food to benefit the Lowcountry Food Bank. This discount is offered every Monday through Thursday with a donation.

Participants are encouraged to arrive early; gates open at 5:30 p.m. For easy access to the event site, parking will be available in the Holiday Festival of Lights Lot B.

For more information and to register for Starlight Yoga, visit CharlestonCountyParks.com or call 843-795-4386. The Holiday Festival of Lights is open nightly at James Island County Park from Nov. 15 through Dec. 31. For more information on the Holiday Festival of Lights, visit HolidayFestivalofLights.com.



James Island County Park is located at 871 Riverland Drive. 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 four land 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, download the Charleston County Parks mobile app, or visit www.charlestoncountyparks.com.

High-resolution photos available

Charleston County Park & Recreation Commission / 861 Riverland Dr. / Charleston, SC 29412 / (843) 762-2172 / CharlestonCountyParks.com