



NEWS RELEASE

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James Island County Park to host Summer Solstice Yoga June 18

Other yoga programs offered in June and July

[JAMES ISLAND] – The Charleston County Park and Recreation Commission (CCPRC) will host several yoga programs in the parks this summer, including Summer Solstice Yoga at James Island County Park. Summer Solstice Yoga will be a celebration of the start of the summer and held on June 18.

Summer Solstice Yoga will take place in the James Island County Park meadow from 6:30-7:30 p.m. Instructor Ji Hwang will host open-air, solar-inspired yoga to celebrate the long summer days ahead and prepare the mind and spirit to slow down, breathe more and be present in life and the community.



Registration for Summer Solstice Yoga is \$8 in advance, and is open to ages 12 and up. The program will be limited to 50 participants, and participants will be expected to practice social distancing. Advance registration is recommended as this event is expected to sell out. For more information on Summer Solstice Yoga on June 18 or to register, visit CharlestonCountyParks.com.

Also held each Tuesday June 2 through June 30 are **Yoga Walks at Caw Caw Interpretive Center**. Held from 9:30 – 10:30 a.m., this relaxing and rejuvenating yoga walk will help participants reconnect with their minds and bodies. Appropriate for all fitness levels, the repetitive rhythm of linking breath with stride will invoke focus, and help calm stressful thoughts and worries. The class is \$8 per person in advance, and classes are limited to five participants so advance registration is recommended.

CCPRC will also host an evening **Starlight Yoga program at Folly Beach County Park** on Thursday, July 2 from 7:30 – 8:30 p.m. Instructed by Ji Hwang, the rising moon and stars will enhance this flowing yoga class, with the sand serving as the classroom floor and the crashing waves as the soundtrack. Starlight Yoga is open to people of all fitness levels ages 12 and up, and registration is \$8 per person in advance. Participants will be limited to 50 people per class, so advance registration is recommended. In case of rain, Starlight Yoga will be rescheduled for July 9.

At all Charleston County Parks yoga programs, participants will be expected to practice social distancing and bring their own mat and water bottle.

For more information on Summer Solstice Yoga or any of the CCPRC yoga programs, or to register in advance, visit www.CharlestonCountyParks.com or call 843-795-4386.

Owned and managed by the Charleston County Park and Recreation Commission (CCPRC), 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 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, download the Charleston County Parks mobile app, or visit www.charlestoncountyparks.com.

Photo Credit: Kate Timbers Photography

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