



CHARLESTON COUNTY PARK
& RECREATION COMMISSION

NEWS RELEASE

Public Contact: 843-795-4386 / www.charlestoncountyparks.com
Media Contact: Sarah Reynolds / (843) 762-8089 / sreynolds@ccprc.com
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Yoga and a preview of the Holiday Festival of Lights: A special edition of Starlight Yoga Nov. 9 and 10 *Register now; expected to sell out in advance*

[JAMES ISLAND] – Get a sneak peek of this year's Holiday Festival of Lights while experiencing a unique outdoor evening yoga program at James Island County Park. A special holiday edition of Charleston County Parks' Starlight Yoga series will take place on **Monday, Nov. 9 and Tuesday, Nov. 10** starting at 6:30 p.m.

Held lakeside at the park, this Starlight Yoga rendition will be held prior to the official public opening of the Holiday Festival of Lights. Take in the breathtaking views of the lake's light displays during this flowing yoga program sure to get participants in the holiday spirit.

"This year's event will be a memory maker, one that inspires whimsy and play with the holiday lights reflecting on the lake and the stars twinkling in the sky," said Charleston County Parks' Fitness and Wellness Program Manager Allison Foster. "What better way to celebrate the start of the holiday season!"



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. Starlight Yoga is open to all fitness levels.



Registration for Starlight Yoga is \$8 per person in advance at CharlestonCountyParks.com. Participants will also receive a special glow-in-the-dark prize. **Both nights of the event are expected to sell out in advance, and early registration is recommended.** Gate fee is included with registration.

Masks are required when six feet of social distancing is not possible or when interacting with CCPRC volunteers and staff. Masks will not be required while engaging in physical activity. Safety is a priority; staff and volunteers will also wear proper PPE. This event will be limited to 100 participants to allow for social distancing. For more information and to register for Starlight Yoga,

visit CharlestonCountyParks.com or call 843-795-4386.

The Holiday Festival of Lights will officially open to the public on Friday, Nov. 13 and run nightly 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