



CHARLESTON COUNTY PARK
& RECREATION COMMISSION

NEWS RELEASE

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Summer Solstice Yoga Fest Returns to James Island County Park in June

Other Yoga offerings also available this summer

(CHARLESTON COUNTY) – Summer is almost here and there is no better way to kick off the summer season than to celebrate the sun as it prepares to reach the highest point in the sky.

Join us for a magical yoga event in the meadow at James Island County Park on June 17 at 6 p.m. led by local favorite Caroline Nash and live music from Mystic Vibrations. People of all fitness levels and ages are welcome.



Tickets are \$25 for ages 13 and up and include a yoga class, a t-shirt, adult beverages, and shaved ice for kids. Food from Bohemian Bull will also be available for an additional cost.

Live music will start at 6 p.m. and the yoga class will begin at 6:30 p.m. A kids yoga class will be offered concurrently. Early registration is recommended as the event is expected to sell out.

Kids under 12 are free and not required to register. A registered and paid chaperone is required for participants under 15. No pets are allowed and onsite registration will not be available.

T-shirts will be mailed via USPS after the event. The rain date for the event is Thursday, June 24.

Charleston County Parks will also host Starlight Yoga at Folly Beach County Park on June 3 and July 1. Both

events will take place from 7:30 to 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 and abilities, and registration is \$8 per person in advance.

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 four day parks, three beach parks, three dog parks, two landmark fishing piers, three waterparks, 19 boat landings, a climbing wall, a challenge course, a historical plantation site, an interpretive center, an equestrian center, cottages, a campground, a marina, as well as wedding, meeting and event facilities. The park system also offers a wide variety of recreational services - festivals, camps, classes, programs, volunteer opportunities, and more. For more information, call 843-795-4386, download our mobile app, or visit www.charlestoncountyparks.com.

High-resolution photos available

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