



NEWS RELEASE

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New Sunrise Yoga program coming to Charleston County Parks

[CHARLESTON COUNTY] – Following the success of its Starlight Yoga program, the Charleston County Park and Recreation Commission (CCPRC) will introduce a new morning Sunrise Yoga program series this year. The first Sunrise Yoga class in the series will be held April 9 at Caw Caw Interpretive Center starting at 7 a.m.

Yoga enthusiasts of all experience levels and abilities are invited to stretch their bodies, awaken their minds and fuel their spirits during this uplifting yoga class. Held at three serene park locations this year, Sunrise Yoga is sure to enhance the day ahead.

This year's Sunrise Yoga lineup is:
April 9 – Caw Caw Interpretive Center, 7 a.m.
May 7 – Folly Beach County Park, 6:30 a.m.
Aug. 27 – Mount Pleasant Pier, 7 a.m.

Pre-registration for Sunrise Yoga is available now at CharlestonCountyParks.com for \$10. Advance registration ends at 4 p.m. the day before the program. If space is available, on-site registration will be \$12.

This program will be led by local yoga instructor Katie Ann. Katie's approach to teaching is to meet everyone where they are with kindness and humor. She believes that your mat is your safe space to fully be your authentic self. Katie's classes focus on connecting you to your breath, keeping you present, and reminding you that doing your best is always enough on and off your mat. Katie is a 200-hour RYT. She teaches all-levels, vin to yin, and beginner yoga classes.

CCPRC's Starlight Yoga program will also hold several evening sessions at various park locations in 2022. For more information on Sunrise Yoga or any of the CCPRC yoga programs, or to register in advance, 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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