



NEWS RELEASE

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Starlight Yoga is back this spring at your Charleston County Parks! *Professional instruction under the stars*

[CHARLESTON COUNTY] Charleston County Parks' popular Starlight Yoga series returns this spring! Four evening events will be held April through June at various parks throughout the county, including a new event location for 2022, Johns Island County Park. The first Starlight Yoga will be April 7 at the Mount Pleasant Pier.

Set your mind at ease flowing with instructor Ji Hwang while gazing at the stars, taking in the sunset views and enjoying live music from 7:30 – 8:30 p.m.

Starlight Yoga will be held at the following CCPRC park sites this spring:

- April 7 at the Mount Pleasant Pier
- May 12 at Johns Island County Park
- June 2 at Folly Beach County Park
- June 30 at Folly Beach County Park



Pre-registration is available at CharlestonCountyParks.com for \$10; on-site registration will be \$12 per person. Starlight Yoga is inclusive and open to people of all abilities and fitness levels ages 12 and up. Participants will receive a special glow-in-the-dark prize.

Instructor Ji Hwang's approach to teaching stems from her belief that the yoga practice is for everyone. Ji's classes have a deep focus on alignment and anatomy which is built by a focus on clear, accessible instruction. With a mindful emphasis on alignment, she safely guides and challenges her students step by step through creative and intelligent sequences providing all of the components needed for each individual to feel successful, all the while encouraging her students to have fun! Ji completed her initial 200-hr teacher training at The Shambhava School of Yoga in Hawaii in 2008, followed by Yoga Works Teacher Training in NYC and Charleston.

For more information on Starlight Yoga or any of the CCPRC yoga programs, or to register in advance, visit www.CharlestonCountyParks.com or call 843-795-4386. Starlight Yoga is presented by MalaMaya Bead Co and Charleston County Parks.

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.



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