



CHARLESTON COUNTY PARK
& RECREATION COMMISSION

NEWS RELEASE

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Yoga Fest at James Island County Park to Celebrate the Summer Solstice

Other Yoga offerings also available this summer

(CHARLESTON COUNTY) – Calling all yogis! 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 its highest point in the sky.

Join Charleston County Parks for a magical yoga event in the meadow at James Island County Park. Summer Solstice Yoga Fest will be held Thursday, June 16 from 6-8 p.m.

Reconnect with others and nature as we celebrate summer and community in this flowing yoga class. The yoga program will be hosted by Caroline Nash and a team of local instructors, and is open to all fitness levels and abilities. All ages are welcome, and a kids yoga program will also be offered. Reggae sensation Mystic Vibrations will perform relaxing reggae melodies to create a peaceful and fun atmosphere. The event will begin at 6 p.m. and the yoga program starts at 6:30.

Admission is \$35 for ages 13 and up and includes the yoga class, one beer (for ages 21 and up), one kids' food item, and a t-shirt for registrations received prior to May 12. Food will be available for an additional fee at the event.

Pre-registration ends Thursday, June 16 at 12 p.m. Space permitting, on-site registration will be available for an increased fee of \$40. Early registration is recommended as the event is expected to sell out. Registration is available at CharlestonCountyParks.com ([direct link](#)).

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.



The rain date for the Yoga Fest is Thursday, June 23.

Charleston County Parks will also host additional yoga events in the parks this summer, including:

- [Starlight Yoga](#) at Johns Island County Park, May 12
- [Starlight Yoga](#) at Folly Beach County Park June 2 and June 30
- [Sunrise Yoga](#) at the Mount Pleasant Pier Aug. 27

The Yoga Fest is sponsored by Nicci Kristine, owner of MalaMaya Bead Co. and The Sanctuary. For more information on the Summer Solstice Yoga Fest 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 or visit www.charlestoncountyparks.com.

Photo by Kate Timbers Photography

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