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Starlight Yoga under the Holiday Lights at James Island County Park!

[CHARLESTON COUNTY] -- Charleston County Parks' popular Starlight Yoga series returns for the last installment of the year – under the glow of the lights at James Island County Park, on **Monday, Nov. 6!** Register today as this event could sell out in advance!

This Starlight Yoga session is held just a few days before the Holiday Festival of Lights officially opens, so participants will get a sneak peek of this year's light show. Flow with instructor Kelly-Jean on the bank of the lake, offering views of some of the park's most popular holiday light displays. Starlight Yoga will take place from 6:30 – 7:30 p.m.



Pre-registration is available at CharlestonCountyParks.com ([direct link](#)) 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 Kelly-Jean has been teaching yoga and contemplative movement for almost two decades. From 2012 until 2020 she taught weekly classes, led teacher trainings, and maintained a private practice at her brick and mortar studio, Mission Yoga. During that period she also founded Sarayana Yoga, a system of Hatha Yoga that Synthesizes TCM, Taoism, and Roling concepts. In her yoga classes, Kelly intuitively weaves elements of Yin, Vinyasa, and experimental movement into a seamless exploration of humanness that leads to greater somatic intelligence. She is an inspired storyteller known for her humor and patient commitment to students. As a certified Rolfer, she finds personal ways to help facilitate growth and freedom in each client's body/mind through structural body work as well as movement exploration.

The Holiday Festival of Lights will officially open for guests on Friday, Nov. 10. For more information on that event, visit HolidayFestivalofLights.com.

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.

Owned 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 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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