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Yoga at the Lights: Experience Starlight Yoga at the Holiday Festival of Lights Nov. 28

[JAMES ISLAND] – People of all fitness levels are invited to experience a unique outdoor evening yoga program under the glow of the Holiday Festival of Lights. Starlight Yoga will take place at James Island County Park on Wednesday, Nov. 28.

Held in the Picnic Center meadow beginning at 6:30 p.m., this flowing yoga program is sure to get participants in the holiday spirit. Starlight Yoga will be led by one of the area's most popular yoga instructors, Ji Hwang. Ji's approach to teaching stems from her belief that yoga is for everyone. Ji safely



guides and challenges her students using clear, precise instructions that focus on alignment and anatomy. Additional instructors will be on site to assist participants and demonstrate modifications, making this program fun and accessible to all.

Starlight Yoga is open to all fitness levels, and interested participants are encouraged to sign up for the program by Nov. 8 to get a special glow-in-the-dark prize. In case of inclement weather, the event will be rescheduled for Dec. 5.

Registration for Starlight Yoga at the Holiday Festival of Lights is \$5 per person in advance at

CharlestonCountyParks.com. Online registration will end Nov. 28 at 2 p.m.; event-day registration is available on site for \$8. A separate festival gate admission of \$20 per vehicle (up to 15 guests) is required and is payable at the gate. Every Monday through Thursday, festival admission is only \$15 per vehicle with the donation of a canned food item or dog/cat food to benefit the Lowcountry Food Bank.

Participants are encouraged to arrive early. For easy access to the event site, parking will be available in the Holiday Festival of Lights Lot B.

For more information and to register for Starlight Yoga, visit CharlestonCountyParks.com or call 843-795-4386. The Holiday Festival of Lights is open nightly at James Island County Park from Nov. 9 through Jan. 1. For more information on the Holiday Festival of Lights, visit HolidayFestivalofLights.com.

James Island County Park is located at 871 Riverland Drive. Charleston County Parks is celebrating 50 years and still shining in 2018! 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 land 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, download the Charleston County Parks mobile app, or visit www.charlestoncountyparks.com.



High-resolution photos available