

Public Contact: 843-795-4386 / www.charlestoncountyparks.com

Media Contact: Sarah Reynolds / (843) 762-8089 / sreynolds@ccprc.com

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Charleston County Parks' Starlight Yoga returns this fall! *Professional instruction under the stars in the parks*

[CHARLESTON COUNTY] Charleston County Parks' popular Starlight Yoga series is back for the fall! The next Starlight Yoga event will be Thursday, Sept. 15 at the Mount Pleasant Pier.

Set your mind at ease! Flow with instructor Ji Hwang while gazing at the stars, taking in the sunset and moonrise views over Charleston Harbor, and enjoying live music performed by Gregory Guay from 7:30 – 8:30 p.m.

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 yoga 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-hour teacher training at The Shambhava School of Yoga in Hawaii in 2008, followed by Yoga Works Teacher Training in New York City and Charleston.

Two additional Starlight Yoga events will be held at Charleston County Parks this fall. Remaining dates in the 2022 Starlight Yoga lineup are as follow:

- Oct. 13 at Wannamaker County Park
- Nov. 7 at James Island County Park (at the Holiday Festival of Lights)

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.

