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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 holiday lights at James Island County Park, on **Monday, Nov. 10!** 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 Tashi 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.



This flowing yoga class is inclusive and open to all abilities and fitness levels. Participants will receive a special glow-in-the-dark prize.

This year's Starlight Yoga series is hosted by local instructor Tashi. A Massachusetts native, Tashi moved to South Carolina in 2017. She holds a 200-hour registered yoga teacher training certification and has been teaching yoga consistently throughout the Charleston area for more than three years. With a bachelor's degree in Sociology, activism and accessibility play a big role in what yoga means to her. Authenticity also fuels her yoga practice, both as a student and a teacher alike. She shares and celebrates her humanness in hopes that you will find comfort in your own.

Online registration for Starlight Yoga is available now at [CharlestonCountyParks.com](http://CharlestonCountyParks.com) ([direct link](#)) for \$12 per person, and ends at 4 p.m. the day of the event. On-site registration will be \$14 per person if space is available.



Charleston County Parks also offers several Sunrise Yoga programs at select parks throughout the year. For more information on Starlight Yoga or any of the CCPRC yoga programs, or to register in advance, visit [www.CharlestonCountyParks.com](http://www.CharlestonCountyParks.com) or call 843-795-4386.

The Holiday Festival of Lights will officially open for guests on Friday, Nov. 14. For more information on that event, visit [HolidayFestivalofLights.com](http://HolidayFestivalofLights.com).

*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](http://www.charlestoncountyparks.com).*

High-resolution photos available upon request

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