



## NEWS RELEASE

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## Yoga with a View: Starlight Yoga in the Charleston County Parks! *First session of 2026 set for April 2 at the Mount Pleasant Pier*

[CHARLESTON COUNTY] – Join us at your Charleston County Parks for evening yoga with a view! Starlight Yoga returns in 2026 with six events at various park sites throughout the year. The first session will be on Thursday, April 2, from 7:30 – 8:30 p.m. at the Mount Pleasant Pier.

The glow of the moon and stars will enhance this gentle flowing yoga class. Participants will also receive a special glow-in-the-dark prize.

### Starlight Yoga will be held on these dates at the following Charleston County Parks this year:

- April 2, 7:30-8:30 p.m. at the Mount Pleasant Pier
- May 7, 7:30-8:30 p.m. at Johns Island County Park
- July 9, 7:30-8:30 p.m. at Folly Beach County Park
- September 10, 7:30-8:30 p.m. at the Mount Pleasant Pier
- October 15, 6:30-7:30 p.m. at Wannamaker County Park
- November 9, 6:30-7:30 p.m. at James Island County Park

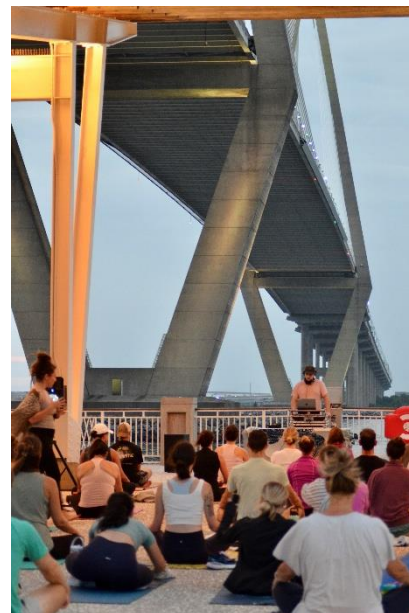
Starlight Yoga is inclusive and open to all levels, including beginners, ages 10 and up. A registered and paid chaperone is required for participants ages 15 and under.

Online registration for Starlight Yoga is available now at [CharlestonCountyParks.com](http://CharlestonCountyParks.com) ([direct link](#)) for \$12 per person per session. Fees increase to \$14 the day of the event.

This year's Starlight Yoga series will be hosted by local instructor Tashi. Tashi migrated from Massachusetts to South Carolina in 2017 and dove right into Yoga Teacher Training as a way to build community in what was then an unfamiliar place. Today, immersed in the world of yoga full-time, she balances being the manager at Holy Cow with teaching weekly classes at different studios and spaces throughout Charleston. Grounded in authenticity, Tashi's approach to teaching emphasizes real connection—welcoming the lessons, laughs, challenges, and triumphs that the practice brings both on and off the mat. When she's not teaching, you can find her training on aerial silks, diving into a good fantasy novel, or curled up on the couch watching an episode of *Survivor*.

Morning yogis are also invited to participate in Sunrise Yoga sessions. 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 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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