



NEWS RELEASE

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James Island County Park's Yoga Fest set for June 18

(CHARLESTON COUNTY) – Embrace the summer solstice during Yoga Fest at James Island County Park! This family-friendly event celebrates summer and community, with activities and entertainment on Thursday, June 18 from 6 – 8:30 p.m.

The Summer Solstice is a time to reconnect with each other and nature as the sun rises to the highest point in the sky. Gates open at 5:30 p.m. for early access to the event's wellness village and prize drawings. AcroCharlestonSC will perform Acro Yoga at 6 p.m., followed by adult yoga classes and kids' yoga classes presented by Empowered Minds from 6:30 – 7:30 p.m. Reggae band Mystic Vibrations will perform from 7:30 – 8:30 p.m., with an Acro yoga workshop held concurrently. All ages and abilities, including beginners, are welcome.

Early registration for Yoga Fest is \$30 for ages 13 and older. Kids 12 and under are free and not required to register (registered chaperone required). On-site registration will be available for \$35. Groups of 10 or more can receive a 20% discount when purchasing all tickets in advance at the same time. Registration includes yoga sessions, an adult beverage (for ages 21 and up – ID required), a kid-friendly food item, and a t-shirt with pre-registration.

Food vendors will be on site for those wishing to purchase additional food items. This year's food vendors will include Bangin Vegan Eats, Jack of All Trades BBQ and King of Pops.

Wellness vendors in the vendor village will include:

- Yoga by [James Island Yoga](#)
- Pilates by [barre3 James Island](#)
- Hip Hop Dance by [Dance Moves of Charleston](#)
- Pilates by [Shift Pilates](#)
- Yoga by [The Flow Co Yoga & Wellness](#)
- Bootcamp by [James Island Fitness](#)
- Acro yoga performance by [AcroCharlestonSC](#)
- Sound Bath by [Holy Cow Yoga Center](#)

Registration is available at CharlestonCountyParks.com ([direct link](#)).

Yoga Fest instructors will include Tymi Howard Bender and Steven Willard. Tymi is an internationally recognized Yoga Alliance 500 E-RYT, Certified Holistic Health Coach, creator of Manifest Yoga International Teacher Trainings, founder of Guruv Yoga, and owner of James Island Yoga. Steven is in his 20th year of teaching and 30th year of practicing. Steven believes in and embodies the maxim that yoga is for everyone. He sees yoga as the union of body, breath, and spirit with an all-important added dash of humor, and always open to grace. For more information on the instructors, visit <https://www.ccprc.com/event/yoga-fest/324/>.

Pets are not allowed at the event. In case of rain, Yoga Fest will be rescheduled for Thursday, June 25.

Yoga Fest is sponsored by AcroCharlestonSC, Empowered Minds, and your Charleston County Parks. For more information on the Yoga Fest, or to register, visit CharlestonCountyParks.com (direct link: <https://www.ccprc.com/event/yoga-fest/324/>)

Yoga Fest is one of a number of yoga programs offered in the Charleston County Parks throughout the year. For more information on any of the Charleston County Parks yoga programs, visit CharlestonCountyParks.com.

Owned and managed 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 four day parks, three beach parks, three dog parks, two landmark fishing piers, three waterparks, 19 boat landings, a climbing wall, a challenge course, a historical plantation site, an interpretive center, an equestrian center, cottages, a campground, a marina, as well as wedding, meeting and event facilities. The park system also offers a wide variety of recreational services - festivals, camps, classes, programs, volunteer opportunities, and more. For more information, call 843-795-4386 or visit www.charlestoncountyparks.com.

Photos available upon request

Charleston County Park & Recreation Commission / 861 Riverland Drive / Charleston, SC 29412 / (843) 795-4386

