



NEWS RELEASE

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Yoga with a View: Starlight and Sunrise Yoga in Charleston County Parks this fall

[CHARLESTON COUNTY] – Join us at your Charleston County Parks this fall for morning AND evening yoga with a view! Sunrise Yoga is back with two sessions in August and September, and Starlight Yoga will offer three more sessions this fall, all at various park locations.

Sunrise Yoga event dates, times and locations are:

- Sunrise Yoga: Aug. 22, 7 a.m. at Mount Pleasant Pier
- Sunrise Yoga: Sept. 5, 7 a.m. at Kiawah Beachwalker Park

Instructed by Alex Rogers, Sunrise Yoga participants will stretch their bodies, awaken their minds, and fuel their spirits in this uplifting, intention-setting yoga class sure to enhance the day ahead. Early registration for Sunrise Yoga is available now at CharlestonCountyParks.com ([direct link](#)) for \$10. Starting the Friday before each event, registration will increase to \$12.

Starlight Yoga event dates, times and locations are:

- Starlight Yoga: September 10, 7:30 p.m. at the Mount Pleasant Pier
- Starlight Yoga: October 15, 6:30 p.m. at Wannamaker County Park
- Starlight Yoga: November 9, 6:30 p.m. at James Island County Park

The glow of the moon and stars will enhance each gentle flowing Starlight Yoga class. Participants will also receive a special glow-in-the-dark prize. Starlight Yoga is hosted by local instructor Tashi. Early registration for Starlight Yoga is available now at CharlestonCountyParks.com ([direct link](#)) for \$12 per person per session. Fees increase to \$14 the day of the event.

Both Sunrise Yoga and Starlight Yoga are 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.

For more information on Sunrise Yoga, Starlight Yoga or any other CCPRC programs, or to register in advance, visit 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.



High-resolution photos and video footage available upon request

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