For immediate release:

‘Yoga in Practice’ returns for season three

13-episode third season to launch in January

COLUMBIA, S.C. – **Yoga in Practice** – a half-hour yoga instructional series which premiered in 2018 – is returning for season three in January 2021. Hosted by master instructor Stacey Millner-Collins, season three builds on the previous two seasons with 13 new episodes featuring additional, more challenging yoga poses and sequences.

Designed to teach the foundations of yoga to the at-home student and to encourage a daily yoga practice that is more than simply physical exercise, each episode focuses on a universal theme, such as gratitude or becoming our best selves. Each episode also includes basic meditation and breathing techniques, further reducing the stress and anxiety associated with modern life.

Yoga in Practice host Stacey Millner-Collins of Columbia, South Carolina first began practicing yoga in 1994 as a way to unite a dedicated physical discipline with a spiritual one. With further in-depth and rigorous study, Millner-Collins became certified in Anusara Yoga in 2006 and embarked upon the practice and study of philosophy, meditation and Ayurveda.

While seasons one and two featured the first 26 episodes in the series, season three picks up where the first two seasons left off and features episodes 27-39. For more on **Yoga in Practice**, visit www.scetv.org/yoga.

About South Carolina ETV and Public Radio
South Carolina ETV (SCETV) is the state's public educational broadcasting network. Using television, radio and diverse digital properties, SCETV's mission is to enrich lives by educating children, informing and connecting citizens, celebrating our culture and environment and instilling the joy of learning. SCETV currently presents “Carolina Classrooms,” “Expeditions,” “Making it Grow,” “Palmetto Scene,” “Reconnecting Roots,” “Reel South,” “Somewhere South,” “This Week in South Carolina,” “Yoga in Practice” and “Live from Charleston Music Hall” on public television in addition to the national radio production, “Chamber Music from Spoleto Festival USA.”

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