

For immediate release:

“Yoga in Practice” returns for season two
13-episode second season to launch in September

COLUMBIA, S.C. – “[Yoga in Practice](#)” – a half-hour yoga instructional series which premiered in 2018 – is returning for season two in September 2019. Hosted by master instructor Stacey Millner-Collins, season two builds on the previous season with 13 new episodes featuring additional 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 courage or the art of slowing down. 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 season one featured the first 13 episodes in the series, season two picks up where the first season left off and features episodes 14-26. For more on “Yoga in Practice,” visit www.scetv.org/yoga.

About South Carolina ETV and Public Radio

South Carolina ETV is the state's public educational broadcasting network. Using television, radio and diverse digital properties, ETV's mission is to enrich lives by educating children, informing and connecting citizens, celebrating our culture and environment and instilling the joy of learning. ETV currently presents A Chef's Life, Expeditions, Making it Grow, Palmetto Scene, Reel 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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