



*The House of Representatives
State of Hawaii*

hereby presents this certificate to

**INTERNATIONAL YOGA DAY
June 21**

WHEREAS, the State of Hawai'i is consistently recognized for its outstanding efforts in promoting health and wellness among its residents; and

WHEREAS, the state benefits as a whole when its residents actively manage their own physical and mental health and establish regular fitness routines to prevent chronic disease; and

WHEREAS, yoga is a popular cultural and recreational practice that is recognized globally as a holistic approach to health and well-being; and

WHEREAS, yoga enhances flexibility and improves body functionality, which helps mitigate long-term muscle and joint injuries while building strength and endurance; and

WHEREAS, yoga distinguishes itself with its attention to mental and emotional health, establishing connections between the mind and the body through movement, stillness, and breath; and

WHEREAS, yoga practitioners learn to manage their stress, discipline their thoughts, and become conscious of their environment, all of which are desirable attributes of productive members in our society; and

WHEREAS, promotion of the practice of yoga and its benefits will serve all residents of Hawai'i who are seeking an accessible and enlightening form of physical activity; and

WHEREAS, the United Nations adopted a resolution on December 11, 2014, proclaiming June 21 as the "International Day of Yoga"; now, therefore,

The House of Representatives of the Thirtieth Legislature of the State of Hawai'i acknowledges the value that yoga represents to the people of Hawai'i and hereby recognizes June 21 as International Yoga Day.

Scott K. Saiki

Scott K. Saiki, Speaker of the House

Brian L. Takeshita

Brian L. Takeshita, House Chief Clerk

Scott Y. Nishimoto

Representative Scott Y. Nishimoto