

Council of the City and County of Honolulu

Certificate

RECOGNIZING AND HONORING INTERNATIONAL YOGA DAY

WHEREAS, the City and County of Honolulu is proud to recognize International Yoga Day, celebrated worldwide each year to honor the ancient practice of yoga and its contribution to the physical, mental, and spiritual well-being of humanity; and on this occasion, the 7th Annual Yoga Day event at Waikīkī Bandstand brings our community together in the spirit of wellness, unity, and peace; and

WHEREAS, yoga is a long-standing aspect of Indian civilization and a timeless gift to humanity, offering individuals a path toward physical vitality, mental clarity, and spiritual insight; and

WHEREAS, according to the Yoga Sutras 1.2, “yogas citta vṛtti nirodhaḥ,” yoga is defined as “the focused tranquility of the mind,” and is not merely physical exercise but a holistic way of life that encourages discipline, harmony with nature, inner reflection, and a greater understanding of one’s higher self and purpose in life; and

WHEREAS, the practice of yoga offers a wide range of physical and mental health benefits, including stress reduction, chronic disease prevention, improved mental well-being, and enhanced quality of life for all age groups—including children, adults, kūpuna, and even individuals in the correctional system; and

WHEREAS, the Hawai‘i State Legislature has officially designated June 21 of each year as “International Yoga Day” to promote the practice of yoga as a means to improve public health, reduce healthcare costs, and foster peace and environmental consciousness; and

WHEREAS, the 7th Annual Yoga Day event brings together residents and visitors alike to celebrate this ancient practice in a beautiful, inclusive setting that encourages unity, mindfulness, and wellness across cultures and generations; now, therefore,

BE IT RESOLVED that the Honolulu City Council hereby recognizes and commends Gandhi International Institute for Peace, event sponsors and participants of the 7th Annual Yoga Day for their efforts to promote physical, mental, and spiritual well-being through the practice of yoga; and

BE IT FURTHER RESOLVED that the Council expresses its appreciation for this community celebration and encourages continued support for yoga as a powerful tool for holistic health and harmony in Hawai‘i and beyond.

DATED: June 21, 2025


SCOTT Y. NISHIMOTO, Introducer


TOMMY WATERS, Chair













