



# Proclamation

**WHEREAS**, House Bill (H.B.) 349, Senate Draft (S.D.) 1, Relating to International Yoga Day was signed into law in the State of Hawai'i on June 21, 2019; and

**WHEREAS**, yoga is a way of life and can promote health and well-being and insight into addressing environmental concerns and facilitating world peace; and

**WHEREAS**, according to the 2016 Yoga in America Study, yoga practitioners are drawn to yoga for a variety of reasons, including flexibility, stress relief, general fitness, overall health, and physical fitness; and

**WHEREAS**, yoga embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between human being and nature; a holistic approach to health and well-being; and

**WHEREAS**, the practice of yoga is beneficial to the people of Hawai'i, including children, as it lowers stress, reduces health problems and health insurance costs, and promotes healthy living among adults and the elderly population; and


**WHEREAS**, wider dissemination of information about the benefits of practicing yoga would be beneficial for the health of Hawai'i's population;

**THEREFORE I, DAVID Y. IGE, Governor** of the **State of Hawai'i**, do hereby proclaim June 21, 2022 as

## “International Yoga Day”

in Hawai'i and ask the people of the Aloha State to join me in recognizing yoga for the physical, mental and spiritual benefits that can be derived from practice.

Done at the State Capitol in the Executive Chambers, Honolulu, State of Hawai'i, this twenty-seventh day of May 2022.

  
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DAVID Y. IGE  
Governor, State of Hawai'i