

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

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

WHEREAS, The Gandhi International Institute for Peace is an organization dedicated to promoting peace and fostering harmony through various initiatives and events, including raising awareness of the beneficial qualities of yoga; and

WHEREAS, in commemoration of Hawai'i's 5th Annual International Yoga Day, The Gandhi International Institute for Peace is hosting a celebration at the MOA Wellness Center on June 21, 2023; and


WHEREAS, this year's theme, "Yoga for Health, Healing, and Peace," recognizes yoga as a way of life and emphasizes how yoga promotes health and well-being and provides valuable insight in addressing environmental concerns and facilitating world peace.

THEREFORE I, Josh Green, M.D., Governor of the **State of Hawai'i**, do hereby proclaim June 21, 2023, 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, on this fifth day of June 2023.


Josh Green, M.D.
Governor, State of Hawai'i