



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 symbolizes the unity of mind and body, the integration of thought and action, the balance between discipline and satisfaction, the harmony between humans and nature, and offers a comprehensive approach to health and wellness; and

WHEREAS, practicing yoga benefits the residents of Hawai'i by reducing stress, alleviating health issues, lowering health insurance costs, and encouraging healthy lifestyles among both adults and the elderly; and

WHEREAS, the Gandhi International Institute for Peace is an organization committed to promoting peace and nurturing harmony through various initiatives and events, including increasing awareness of yoga's positive attributes; and

WHEREAS, in observance of Hawai'i's 6th Annual International Yoga Day, the Gandhi International Institute for Peace will host a celebration at the MOA Wellness Center on June 21, 2024; and

WHEREAS, this year's theme, "Yoga for Inner Peace and World Peace," acknowledges yoga as a lifestyle and highlights its role in promoting health and well-being, addressing environmental issues, and contributing to global peace.

THEREFORE I, Josh Green, M.D., Governor of the State of Hawai'i, do hereby proclaim June 21, 2024, 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 fourteenth day of June 2024.

Josh Green, M.D.

Governor, State of Hawai'i