



Senator Mike Gabbard August Newsletter

Vol. 18 Issue 8

Agriculture and Environment Committee, Chair
Judiciary Committee, Vice Chair
Government Operations Committee, Vice Chair



Senator Mike Gabbard
Agriculture & Environment Committee, Chair

District 21: Kapolei, Makakilo, Kalaeloa, and portions of Fernandez Village and Ewa

Hawai'i State Capitol, 415 S. Beretania Street, Room 201, Honolulu HI 96813
Ph: 808-586-6830 Fax: 808-586-6679 | sengabbard@capitol.hawaii.gov

International Yoga Day



Sen. Gabbard with Dr. Raj Kumar, President- IAFC, Hawaii Chapter & Founder & President Emeritus GIIP- Gandhi International Institute for Peace - International Yoga Day - June 21, 2024

On June 21, I was invited to speak at the 10th Annual International Day of Yoga. In 2019, I worked locally with the [Gandhi International Institute for Peace](#) (GIIP) to introduce a bill designating June 21 as "International Yoga Day" in Hawai'i. House Bill 349 was signed in law, ACT 102 on June 26, 2019, making Hawai'i the first state in the nation to officially recognize International Yoga Day (IYD)! I presented an Honorary Certificate to the GIIP on behalf of the Senate and House. The international theme for this year's celebration was "inner peace and world peace."

If you go to the Legislature's website, you'll find [Act 102](#), the law passed to declare IYD in Hawai'i. The language is inspiring. It reads in part: "The legislature finds that yoga is a long-standing aspect of Indian civilization and gift to humanity. Its practice emphasizes moral, physical, and mental well-being resulting in physical, mental, and spiritual balance... Yoga is not just physical exercise; it is a spiritual path to control the mind and senses and to know one's higher self and purpose in life, and it encourages living in harmony with society and nature. Yoga is a way of life and can promote health and well-being and insight into addressing environmental concerns and facilitating world peace. More than three hundred million people around the world practice some form of yoga. Yoga embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; and a holistic approach to health and well-being. It is not about exercise, but to discover the sense of oneness with yourself, the world and nature."