



Proclamation

WHEREAS, Yoga combines physical, mental and spiritual practice to achieve harmony of the body and mind, through connected postures, breathing exercises, relaxation techniques and meditation; and

WHEREAS, there are various forms of yoga practiced throughout the world and it continues to grow in popularity due to the increased flexibility, stress relief, and improved health and fitness experienced by its practitioners; and

WHEREAS, the United Nations proclaimed June 21 as International Yoga Day in 2014 and the Hawai'i legislature passed House Bill 349 establishing June 21 as International Yoga Day in 2019, becoming the first state to do so in the United States; and

WHEREAS, International Yoga Day is observed annually in numerous jurisdictions to raise awareness worldwide of the many benefits of practicing yoga; and

WHEREAS, the Gandhi International Institute for Peace is celebrating and presenting Hawai'i's 7th Annual International Yoga Day at the Waikīkī Bandstand in Kapi'olani Park; and

WHEREAS, this year's theme is "Yoga for Health and Peace," with the observance featuring noted speakers extolling the benefits of practicing yoga and its holistic approach to health and wellness,

NOW, THEREFORE, I, RICK BLANGIARDI, Mayor of the City and County of Honolulu, do hereby proclaim June 21, 2025, to be

INTERNATIONAL YOGA DAY

in the City and County of Honolulu, to encourage residents and visitors to learn about the many benefits of practicing yoga, maintaining peace in our community and achieving overall happiness, and I extend my sincere appreciation to the organizations and individuals involved in presenting the observance and offer best wishes for a successful celebration.



Done this 21st day of June, 2025,
in Honolulu, Hawai'i.

Rick Blangiardi

RICK BLANGIARDI