



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, followed by Act 102 in 2019, establishing June 21 as Yoga Day in Hawai'i and making Hawai'i the first state in the United States to do so; 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, founded by Dr. Raj Kumar on September 11, 2001, is dedicated to promoting peace, health, and wellness in the community; and

WHEREAS, the Gandhi International Institute for Peace is celebrating and presenting Hawai'i's 8th Annual International Yoga Day at the Waikīkī Bandstand in Kapi'olani Park, in partnership with the City and County of Honolulu and the Consulate General of India in San Francisco; and

WHEREAS, this year's theme is "Yoga for Physical, Mental and Spiritual Transformation," with the observance featuring a diverse program of yoga, meditation, cultural performances, and wellness activities that bring together the community in the spirit of health, peace, and unity,

NOW, THEREFORE, I, RICK BLANGIARDI, Mayor of the City and County of Honolulu, do hereby proclaim June 21, 2026, to be

INTERNATIONAL YOGA DAY

to encourage residents and visitors to learn about the many benefits of practicing yoga, promote physical, mental, and spiritual well-being, and foster peace and harmony throughout our community, 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, 2026,
in Honolulu, Hawai'i.


RICK BLANGIARDI

