



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; 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 5th Annual International Yoga Day at MOA Wellness Center; and

WHEREAS, this year's theme is "Yoga for Health, Healing, and Peace," and the observance features Hawai'i State Senator Mike Gabbard as keynote speaker, Rea Fox as program moderator, and presentations by Dr. Raj Kumar, Dr. Tom Yarema, Dr. Sunder S. Arora, Santosh Krinsky, Veda Das, Zeny Orisseg, Kahu Kaleo Patterson, Dr. Suhas Kshirsagar, Dr. Soraya Faris, Yogi Ramesh Pandey, Mary Bastien, Heemahng, Kusha Devi Dasi, and Michele Santos,

NOW, THEREFORE, I, RICK BLANGIARDI, Mayor of the City and County of Honolulu, do hereby proclaim June 21, 2023, 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 extend my sincere appreciation to the organizations and individuals involved in presenting the observance as well as offer best wishes for a successful celebration.



Done this 21st day of June, 2023,
in Honolulu, Hawai'i.

Rick Blangiardi

RICK BLANGIARDI