



# 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 State 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 6th Annual International Yoga Day at MOA Wellness Center; and

**WHEREAS**, this year's theme is "Yoga for Inner Peace and World 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, 2024, 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, 2024,  
in Honolulu, Hawai'i.

*Rick Blangiardi*

RICK BLANGIARDI