



Proclamation

WHEREAS, Yoga combines physical, mental and spiritual activity 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 HB 349 establishing June 21 as International Yoga Day in 2019; and

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

WHEREAS, the Gandhi International Institute For Peace, the Still & Moving Center and the Academy of Mindful Movement are presenting Hawai'i's 4th Annual International Yoga Day, which offers free online and in-person lectures, demonstrations and classes; and

WHEREAS, the Yoga Day observance features Dr. Deepak Chopra as keynote speaker and presentations by Dr. Raj Kumar, Dr. Suhas Kshirsagar, Dr. Matthew LoPresti, and Dr. Peeyush Kumar,

NOW, THEREFORE, I, RICK BLANGIARDI, Mayor of the City and County of Honolulu, do hereby proclaim June 21, 2022, to be

INTERNATIONAL YOGA DAY

in the City and County of Honolulu to encourage residents to learn about the benefits of practicing yoga, and extend deep 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, 2022,
in Honolulu, Hawai'i.

A handwritten signature in black ink that reads "Rick Blangiardi".

RICK BLANGIARDI