

## **Honolulu to Host 8<sup>th</sup> International Yoga Day Celebration at Waikiki Bandstand**

Gandhi International Institute for Peace will host its 8th Annual International Yoga Day Celebration on Sunday, June 21, from 9 a.m. to noon at Waikiki Bandstand, in collaboration with the Consulate General of India in San Francisco.

Mahatma Gandhi led India to independence from British Rule through nonviolent civil disobedience and inspired civil rights movements worldwide. Born on October 2, 1869, Gandhi championed the principles of *ahimsa* (nonviolence) and *satyagraha* (insistence on truth), influencing leaders from Martin Luther King Jr., to Nelson Mandela. He was assassinated on January 30, 1948, but his legacy as a global icon of peace, justice and human dignity endures across generations and continents.

This free public event, themed “Yoga for Physical, Mental and Spiritual Transformation,” will feature Hawaii State Senator, Sharon Y. Moriwaki as Guest of Honor, followed by an integrative yoga class led by Michele Santos, founder of Sun Yoga Hawaii, Robin Shepard from Still and Moving Center and Amber Ricci.

The program will begin with a Hawaiian blessing, Oli "*Pule Aloha*" performed by Kumu Malia, and a spiritual invocation performed by Veda Das. Attendees will experience a diverse and integrative wellness program including yoga postures demonstrations, breathing exercises to support cardiovascular health, guided meditation for inner peace, crystal bowl sound healing as well as Hawaiian Hula dance and an Indian cultural dance.

International Yoga Day brings our community together in the spirit of health, peace, and cultural connection. “This event reflects Hawaii’s deep commitment to unity, wellness, and honoring diverse traditions that promote harmony across generations, said Dr. Raj Kumar, Founder of Gandhi Internatioanl Institute for Peace.”

According to Dr. Kumar, author of “The Secrets of Health and Healing, “Yoga means union of individual consciousness with the Universe. It emphasizes the discipline in daily routine and activities, and encourages one to lead a simple, harmonious and spiritual life. Yoga and meditation help us to reduce physical and mental stress, anxiety and depression.”

Community leaders and yoga instructors will deliver inspirational speeches throughout the event. Professor Veena Howard from California State University, Fresno will be the keynote speaker for this event.

International Yoga Day, recognized by the United Nations since 2015, celebrates the contribution of this ancient practice to global health and well-being. David Y. Ige, former Governor of Hawaii passed ACT 102 on June 21, 2019, declaring June 21 of each year as Yoga Day in Hawaii, making Hawaii

the first state in the US to celebrate Yoga Day. The annual observance takes place on June 21, the summer solstice, and longest day of the year in northern hemisphere.

The event is open to all ages and fitness level. Please bring a yoga mat to participate in Yoga *Asanas* (postures).

Free parking is available at Waikiki Shell. This event is open to all ages and fitness levels.

For more information, contact

**Gandhi International Institute for Peace** at [gandhianpeace@gmail.com](mailto:gandhianpeace@gmail.com)

or visit [www.gandhianpeace.org](http://www.gandhianpeace.org).



 **GANDHI INTERNATIONAL INSTITUTE FOR PEACE PRESENTS** 

*8th Annual International Yoga Day Celebration*

IN COLLABORATION WITH CITY AND COUNTY OF HONOLULU AND THE CONSULATE GENERAL OF INDIA, SAN FRANCISCO

SUNDAY, JUNE 21, 2026  
FROM 9 AM TO 12 NOON AT WAIKIKI BANDSTAND

THEME FOR THE EVENT  
YOGA FOR PHYSICAL, MENTAL AND SPIRITUAL TRANSFORMATION

**PROGRAM INCLUDES:** HAWAIIAN BLESSING, SPIRITUAL INVOCATION, SPEECH BY GUEST OF HONOR, SENATOR SHARON Y. MORIWAKI, FOLLOWED BY A INTEGRATIVE YOGA CLASS WITH SUN YOGA HAWAII FOUNDER MICHELE SANTOS. ENJOY INSPIRING SPEECHES BY COMMUNITY LEADERS AND YOGA TEACHERS, A POSTURE DEMONSTRATION FOR FITNESS, BREATHING EXERCISES FOR A HEALTHY HEART, MEDITATION FOR INNER PEACE, CRYSTAL BOWL SOUND HEALING AND A BEAUTIFUL CULTURAL DANCE.

**SPONSORS:** SUN YOGA HAWAII, DOWN TO EARTH, KING NISSAN WINDWARD, INDIAN-AMERICAN FRIENDSHIP COUNCIL, DR. ANKUR & SHILPA JAIN, HELP U SELL HONOLULU PROPERTIES, DEBBIE YOUNG, NAMASTE RESTAURANT, CREATIVE CUISINE AND ALOHA NATYAM.

THE EVENT IS FREE TO THE PUBLIC - FREE PARKING AVAILABLE AT WAIKIKI SHELL

FOR MORE INFORMATION ABOUT THE EVENT:  
EMAIL AT [gandhianpeace@gmail.com](mailto:gandhianpeace@gmail.com) OR VISIT GIIP'S WEBSITE: [www.gandhianpeace.org](http://www.gandhianpeace.org)