
A BILL FOR AN ACT

RELATING TO INTERNATIONAL YOGA DAY.

BE IT ENACTED BY THE LEGISLATURE OF THE STATE OF HAWAII:

1 SECTION 1. The legislature finds that yoga is a gift from
2 Patanjali, the father of yoga, and other Hindu sages to
3 humanity. Yoga means union of self with the universe and
4 creator and creates a balance at the physical, mental, and
5 spiritual level. Yoga is not just physical exercise; it is a
6 spiritual path to control the mind and senses and know one's
7 higher self and purpose in life and living in harmony with other
8 human beings and nature. Yoga is a way of life and can promote,
9 among other things, health and well-being and insight into
10 addressing environmental concerns and facilitating world peace.
11 More than 250,000,000 people around the world practice some form
12 of yoga.

13 According to the 2016 *Yoga in America Study*, which queried
14 2,000 members of the general population and 1,700 yoga
15 practitioners in the United States, 36,700,000 people in the
16 United States practice yoga, seventy-four per cent of whom have
17 been practicing for five years or less, which demonstrates the



1 relative newness of the interest in yoga. The study revealed
2 that yoga practitioners are drawn to yoga for a variety of
3 reasons, including flexibility, stress relief, general fitness,
4 overall health, and physical fitness. Additionally, yoga
5 provides an economic benefit; Americans spent \$16,000,000,000 on
6 yoga instruction, gear, and accessories, including
7 \$5,800,000,000 on yoga classes and \$4,600,000,000 on clothes to
8 engage in yoga. The study also found that about thirty-seven
9 per cent of yoga practitioners have children under the age of
10 eighteen who also practice yoga.

11 The legislature further finds that the United Nations
12 adopted a resolution on December 11, 2014, proclaiming June 21
13 as the International Day of Yoga. One hundred seventy-five
14 countries cosponsored the resolution. The Prime Minister of
15 India, Narendra Modi, addressed the United Nations General
16 Assembly on September 27, 2014, on the adoption of International
17 Yoga Day, stating, "Yoga is an invaluable gift of India's
18 ancient tradition. It embodies unity of mind and body; thought
19 and action; restraint and fulfillment; harmony between man and
20 nature; a holistic approach to health and well-being. It is not
21 about exercise but to discover the sense of oneness with



1 yourself, the world and the nature." The legislature finds that
2 yoga provides a holistic approach to health and well-being, and
3 wider dissemination of information about the benefits of
4 practicing yoga would be beneficial for the health of Hawaii's
5 population. The practice of yoga is beneficial to the people of
6 Hawaii, including children, as it lowers stress, health
7 problems, and health insurance costs, and promotes healthy
8 living and longevity among the elderly population.

9 The purpose of this Act is to establish June 21 of each
10 year as International Yoga Day to promote the practice of yoga
11 to increase the health and well-being of the people of Hawaii.

12 SECTION 2. Chapter 8, Hawaii Revised Statutes, is amended
13 by adding a new section to be appropriately designated and to
14 read as follows:

15 "§8- International Yoga Day. June 21 of each year
16 shall be known and designated as "International Yoga Day";
17 provided that this day is not and shall not be construed to be a
18 state holiday."

19 SECTION 3. New statutory material is underscored.



1 SECTION 4. This Act shall take effect upon its approval.

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INTRODUCED BY:

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JAN 19 2018



H.B. NO. 2086

Report Title:

International Yoga Day

Description:

Designates June 21 of each year as International Yoga Day.

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