

JAN 19 2018

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 long
2 standing aspect of Indian civilization and gift to humanity.
3 Yoga means union of self with the universe and creator, and it
4 creates a balance at the physical, mental, and spiritual level.
5 Yoga is not just physical exercise; it is a spiritual path to
6 control the mind and senses and to know one's higher self and
7 purpose in life, and it encourages living in harmony with
8 society and nature. Yoga is a way of life and can promote
9 health and well-being and insight into addressing environmental
10 concerns and facilitating world peace. More than 250,000,000
11 people around the world practice some form of yoga.

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



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

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



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

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

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


14 "§8- International Yoga Day. In view of the importance
 15 of yoga, June 21 of each year shall be known and designated as
 16 "International Yoga Day"; provided that this day is not and
 17 shall not be construed to be a state holiday."

18 SECTION 3. New statutory material is underscored.

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

20

INTRODUCED BY:




S.B. NO. 2583

Report Title:

International Yoga Day

Description:

Designates June 21 of each year as International Yoga Day.

The summary description of legislation appearing on this page is for informational purposes only and is not legislation or evidence of legislative intent.

