
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 According to the Yoga Sutras 1.2, "*yogas citta vrtti nirodhah*,"
4 which is translated as "yoga is the focused tranquility of the
5 mind." Its practice emphasizes moral, physical, and mental
6 well-being resulting in physical, mental, and spiritual balance.
7 Yoga is not just physical exercise; it is a spiritual path to
8 control the mind and senses and to know one's higher self and
9 purpose in life, and it encourages living in harmony with
10 society and nature. Yoga is a way of life and can promote
11 health and well-being and insight into addressing environmental
12 concerns and facilitating world peace. More than 250,000,000
13 people around the world practice some form of yoga.

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



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

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, reduces health
7 problems and health insurance costs, and promotes healthy living
8 among adults and 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. In view of the importance
16 of yoga, June 21 of each year shall be known and designated as
17 "International Yoga Day"; provided that this day is not and
18 shall not be construed to be a state holiday."

19 SECTION 3. New statutory material is underscored.

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



Report Title:

International Yoga Day

Description:

Designates June 21 of each year as International Yoga Day.
(SB2583 HD1)

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