
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 three hundred
13 million people around the world practice some form of yoga.

14 According to the 2016 *Yoga in America Study*, which queried
15 two thousand members of the general population and one thousand
16 seven hundred yoga practitioners in the United States, over
17 thirty-six million people in the United States practice yoga,



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

12 The legislature further finds that the United Nations
13 adopted a resolution on December 11, 2014, proclaiming June 21
14 as the International Day of Yoga. One hundred seventy-five
15 countries cosponsored the resolution. Yoga embodies unity of
16 mind and body; thought and action; restraint and fulfillment;
17 harmony between man and nature; a holistic approach to health
18 and well-being. It is not about exercise but to discover the
19 sense of oneness with yourself, the world and the nature.

20 The legislature further finds that yoga provides a holistic
21 approach to health and well-being, and wider dissemination of



1 information about the benefits of practicing yoga would be
 2 beneficial for the health of Hawaii's population. The practice
 3 of yoga is beneficial to the people of Hawaii, including
 4 children, as it lowers stress, reduces health problems and
 5 health insurance costs, and promotes healthy living among adults
 6 and the elderly population. Currently, yoga is being taught to
 7 inmates in Hawaii prisons.

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: 





H.B. NO. 349

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.

