

Aloha Chair of Labor, Culture and Arts Committee, Brian Taniguchi, and its members

RE: HB 349 to Establish June 21 as International Yoga Day

Hearing Date: March 28, 2019

On behalf of Gandhi International Institute for Peace, I strongly support bill HB 349 to establish June 21 of each year as International Yoga Day.

The development of yoga can be traced back to over 5,000 years ago. Yoga means a union of self with the divine and the universe. Yoga creates a balance at the physical, mental/emotional and spiritual level.

The United Nations adopted a resolution on December 11, 2014, proclaiming June 21 as the International Day of Yoga. One hundred seventy-five countries co-sponsored this resolution.

Yoga is now recommended for managing stress. Some asanas (postures) and breathing exercises are ideal for stress reduction. Yoga studios have become the spiritual center of a community because of the peace one experiences through yoga practice. Orthopedic doctors are recommending their patients to practice yoga instead of being dependent on pain medications.

Practicing yoga regularly lowers stress, reduces health problems and promotes healthy living among children, adults and the elderly population.

As for my personal experience, after my major heart surgery in 1996 and a spine surgery in 2015, I healed myself through Yoga, breathing exercises, meditation and healthy diet. I also published a

book on Yoga- “The Secrets of Health and Healing” in 2005. Since then I am raising awareness about benefits of Yoga in Hawaii and giving out free books and yoga chart to the libraries, schools, Yoga studios and health educators.

According to a study done by the [National Center of Complementary and Integrative Health](#), a division of the National Institutes of Health, adult yoga practitioners rose from 5.1% in 2002 to 6.1% in 2007 and 9.5% in 2012. Yoga is also being taught in schools in California. Yoga is also being taught in the prison of Hawaii. There are several yoga studios in Honolulu and on neighbor islands.

Passing this bill will raise awareness about the benefits of practicing yoga and would be beneficial for the health of the people of Hawaii. Yoga is a way of life and Hawaii is a perfect place to teach and practice yoga.

Hence, I strongly support this bill for the above-mentioned reasons.

Raj Kumar, Ph.D., President
Gandhi International Institute for Peace
Website- www.gandhianpeace.com

HB-349

Submitted on: 3/27/2019 1:05:26 PM

Testimony for LCA on 3/28/2019 2:45:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Lyntillus J. Boyd	Testifying for Gandhi International Institute of Peace	Support	No

Comments:

Please pass this bill. Long overdue.

HB-349

Submitted on: 3/27/2019 12:34:54 PM

Testimony for LCA on 3/28/2019 2:45:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Renée Tillotson	Testifying for Still & Moving Center	Support	No

Comments:

Aloha and mahalo for the opportunity to offer testimony,

Let's recognize Yoga's contribution to a good life by officially celebrating **International Yoga Day** here in our health-conscious state, Hawaii. I watch busy, intense people arrive for Yoga class every day, and leave class with a relaxed walk, better posture, smooth brow, broad smile, and a general air of enjoyment of life.

As the owner of a mindful movement studio, Still & Moving Center in Kaka'ako, offering regular Yoga classes for 8 years, I can attest to the positive impact of Yoga on thousands of people's lives in our studio, including those of students, teachers and teacher trainers.

The Yoga practice affords great benefits to physical health, including: elongating and giving mobility to the spine, relieving back and neck pain; restoring balance; augmenting the deep breathing and oxygenating the brain; increasing heart health; and improving both flexibility and strength.

Yoga also tends to increase practitioners' mental clarity and emotional stability, especially when done regularly with good teachers and proper technique. The steady practice of slowing down, concentrating on performing either complex or simple stabilizing poses, helps to steady the mind. The focus on breathing calms the nervous system, reducing stress and its compounding ill-effects. Practicing Yoga can improve people's sleep.

Yoga adds significantly to the quality of a person's day. I therefore urge you to support Bill HB 349. Let Hawaii be a beacon of health by being the first state in the Union to establish an International Yoga Day.

Thank you for your consideration,

Renée Tillotson, Owner & Director

Still & Moving Center

1024 Queen Street, Honolulu, HI 96814, 808.397.7678

www.stillandmovingcenter.com

LATE

HB-349

Submitted on: 3/27/2019 4:00:18 PM

Testimony for LCA on 3/28/2019 2:45:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Madana Sundari	Testifying for Ghandi international institute for peace	Support	Yes

Comments:

I'm in favor of Hawaii celebrating international yoga day .

not only will it promote a healthy lifestyle for residents it will promote Hawaii as a destination for yoga/ health. We are considered one of the healthiest states . Yoga has had a resurgence in popularity all over the world . Hawaii being a place that has yoga especially out side 365 days a year I we'd be a destination for yoga retreats and a great potential to boost our economy. Madana Sundari

HB-349

Submitted on: 3/27/2019 11:59:53 AM

Testimony for LCA on 3/28/2019 2:45:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Debbie Young	Testifying for Raj Kumar	Support	No

Comments:

I support this bill.

This will promote all over Health Benifits to people of all ages.

Great for movement, flexibility- mind over body to promote strong bodies healthy souls ,groups togetherness for spirit.

Aloha

Debbie Young -debbyoung@gmail.com

LATE

HB-349

Submitted on: 3/28/2019 1:07:44 PM

Testimony for LCA on 3/28/2019 2:45:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Melodie Aduja	Testifying for O`ahu County Democrats Legislative Priorities Committee	Support	No

Comments:



Barbara Melamed, Ph.D. ABPP
Clinical Affiliate, University of
Hawaii
Department of Psychology
Director of Behavior Medicine
Associates

Contact: Director, Behavior
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Board Certified in Clinical Health
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Adjunct Professor, JABSOM, Dept. of
Complementary & Integrative Medicine
March 27, 2019

HB349
Yoga Day

As a Board Certified Clinical Health Psychologist licensed in Hawaii PSY 1105 I strongly endorse Yoga International Day. My clinical research and grant reviewing at the NIH and participation on HHS Healthy People 2030 encourages me to commend Hawaii to celebrate, thereby bringing to the attention of all of our community and the health care practitioners that the use of Yoga and Tai Chi has a beneficial effect in both prevention and remediation of medical problems. The availability on our island of many integrative practitioners and those who actually encourage weekly Yoga on the beach has demonstrated that there is a way for people of even low income to partake of this activity. Adding to that healthy diet, which is encouraged by people who might otherwise become obese if not wearing clothes for exercise will have benefits not only for those whose religious preferences would make this a valuable activity...but our Keiki will learn that their parents and relatives are committed not only to tough sports which encourage healthy competition but to exercise which can bring us together. Getting out in the sun, or joining clubs and participating in YMCA and other places where this is offered will be more wholesome. And the cost-benefit will make a giant difference. Those using Yoga will be less likely to show up at emergency rooms, use less medication and be more likely to avoid opioid addiction. Dr. Thomas DiGrazia has even followed Yoga in prison research to show those partaking of this activity

will lower the recidivism rate. Thus, costs of our housing and sending our law breaking citizens to Arizona will be a major cost savings to our State budget. Regarding our tourism trade..I believe photos of Yoga in the Hawaiian sun will further attract citizens especially those from S.E. Asia where these practices are fairly routine.

I see no downside of passing this bill and would be happy to present, although I am unable to attend tomorrows open hearing. I would plan ahead to attend the Senate vote and prepare a paper summarizing the psychological and health benefits which would occur.

Mahalo,
Barbara G. Melamed, Ph.D. ABPP
(808) 737-7420

HB-349

Submitted on: 3/25/2019 4:35:33 PM

Testimony for LCA on 3/28/2019 2:45:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Ted Bohlen	Individual	Support	No

Comments:

Yoga practice is healthy for body and mind. Hawaii should join with other places promoting this healthy practice by declaring June 21 International Yoga Day. Your many constituents who practice yoga will appreciate your support. Mahalo!

HB-349

Submitted on: 3/26/2019 10:07:46 PM

Testimony for LCA on 3/28/2019 2:45:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Wallen Ellingson	Individual	Support	No

Comments:

Aloha,

I would like to express my support for designating June 21 International Yoga Day in Hawaii. I am 73 years old, born and raised in Hawaii, and have been a practicing yogi for 50 years. I remember giving a speech about Yoga in my speech class many years ago at the University of Hawaii. At that time yoga practice was scarce and thought of as some mysterious mind or body bending exercise practiced in far away places like India. Since then yoga practice has grown exponentially and is now appreciated worldwide as a valuable discipline of holistic health—thanks to globalization and the sharing of cultural values.

Yoga studios are now everywhere throughout the state, and informal classes are held virtually every morning and evening on some of our beaches and parks. Please acknowledge the importance of yoga to our citizens by passing HB349!

Mahalo Nui,

Wallen Ellingson

Measure title: Relating to International Yoga Day

Hearing: Room 224 on 3/28/2019 at 2:45 pm

Respected LCA members,

I strongly support Senate Bill HB 349 to establish June 21 as International Yoga Day in Hawaii.

Yoga is a systematic practice of physical [exercise](#), breath control, relaxation, [diet](#) control, and positive thinking and meditation aimed at developing harmony in the body, mind, and environment.

In the health fields, yoga techniques are being applied in health promotion programs, [substance abuse](#) treatment programs, and as complementary treatment for diseases such as [anxiety](#) disorders, [depression](#), coronary [heart disease](#), cancers, and [HIV/AIDS](#). Yoga is a low-cost self-help approach to well-being.

It will encourage people in Hawaii to incorporate yoga in their daily routine. Hence, I support this bill.

Mahalo.

Asha Bedford.

Measure title: Relating to International Yoga Day

Testimony in support of HB 349

Hearing: Room 224 on 3/28/2019 at 2:45 pm

Aloha LCA Chair & members,

I support Senate Bill HB 349 to establish International Yoga Day in Hawaii.

Yoga is a total mind-body workout that combines strengthening and stretching poses with deep breathing and meditation or relaxation.

The relaxation techniques incorporated in **yoga** can lessen chronic pain, such as lower back pain, arthritis, headaches and carpal tunnel syndrome. **Yoga** can also lower blood pressure and reduce insomnia. Other benefits include increased flexibility.

Therefore, I strongly support this bill.

Thanks.

Sarika Notani.

Date: March 27, 2019

Aloha LCA Committee members,

I am in support of Senate Bill HB 349 to establish June 21 of each year as International Yoga Day in Hawaii.

Yoga is a simple, effective and practical key to creating balance at the physical, mental, emotional and spiritual levels. It helps to reduce stress, create balance, support the body in healing, strengthen the body and mind, assist in early intervention to prevent health issues, as well as offer increased well-being.

Passing this bill will raise awareness about health and will promote healthy living in Hawaii.

Mahalo,

Lusana Hernandez, MSW

Retired Psychiatric Social Worker, Trainer, EAP Specialist, CSAC, Mind/Body Holistic Healing.

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Worked at Kaiser Mental Health Clinic, Kaiser Lifestyle Program, Straub EAP, Castle Substance Abuse Prevention Services, Salvation Army Addiction Treatment Services, Family Peace Center, Gregory House - Ho'omana Olana and Military Family Abuse Shelter.

HB-349

Submitted on: 3/27/2019 10:34:43 AM

Testimony for LCA on 3/28/2019 2:45:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Martin Mori	Individual	Support	No

Comments:

I am in full support of HB 349 in recognition of International Yoga Day in Hawaii.

HB-349

Submitted on: 3/27/2019 10:43:53 AM

Testimony for LCA on 3/28/2019 2:45:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Jamal A. Siddiqui	Individual	Support	No

Comments:

I would like to express my strong support of HB349 to make June 21st International Yoga Day. Yoga has proven to be beneficial in terms of improving both the physical and non-physical well being of individuals whose quality of life has improved dramatically by utilizing the principles of Yoga exercise.

HB-349

Submitted on: 3/27/2019 10:48:44 AM

Testimony for LCA on 3/28/2019 2:45:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Fred Spanjaard	Individual	Support	No

Comments:

Aloha LCA Committee members,

I am in support of Senate Bill HB 349 to establish June 21 of each year as International Yoga Day in Hawaii.

Yoga is a key to create balance at the physical, mental and spiritual level. It helps to improve physical ailments and prevent health issues.

Passing this bill will raise awareness about health and will promote healthy living in Hawaii.

Mahalo,

Fred Spanjaard

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HB-349

Submitted on: 3/27/2019 10:54:49 AM

Testimony for LCA on 3/28/2019 2:45:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Pradeep Arora	Individual	Support	Yes

Comments:

Yoga Day Hawaii so crucial to the all Hawaii Citizen as a whole with ever so changing diets and our environment, It is essentially a day of peace and tranquility which comes from Yoga and mediation as a whole. It is not for a individual (s) but also for all age group choose to practice yoga that has vest meaning and stems core of Ayurveda ancient practice of medicine. It enables one's ability to harness the ability like the Polynesian once did navigate the hokulia use of stars to navigate them, like was people in Hawaii greatly benefit once hidden treasure trove of Asia and the west it consutilate great deal individual health. All age group can benefit from this if this becomes part of Hawaii's Yoga Day.

taniguchi3 - Trisha

From: Poni Daines on behalf of Sen. Brian Taniguchi
Sent: Thursday, March 28, 2019 8:48 AM
To: taniguchi3 - Trisha
Subject: FW: Yoga Day

From: Craiger [mailto:cashull1952@yahoo.com]
Sent: Wednesday, March 27, 2019 2:19 PM
To: Sen. Brian Taniguchi <sentaniguchi@capitol.hawaii.gov>
Subject: Yoga Day

Honorable Senator Taniguchi and LCA members,

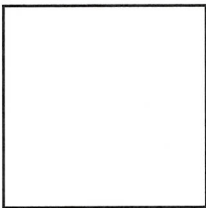
Please include my supportive testimony in the March 28 hearing:

Yoga is a centuries old practice that has been shown to benefit people from all age groups. The practice of Yoga minimizes stress and contributes to the overall health and well being of individuals who embrace its use. Passing HB349, will increase a greater interest and awareness in Yoga, most likely resulting in more people positively impacting their lives by putting it into practice.

Thank-you.

Craig Shull

Sent from [Mail](#) for Windows 10



This email has been checked for viruses by Avast antivirus software.
www.avast.com

26 Mar 2019

Hon. Sen. Taniguchi, LCA Members, et al:

I wholeheartedly SUPPORT SB 267 Int'l Yoga Day 21 June

I have lived in Honolulu since 1971.

In fact, I suggest that we introduce basic yoga in all schools as part of physical education.

Yoga is a centuries old tradition which started in India.

With medical costs skyrocketing, medicare for all may be a reality in ten years.

Since medical technology is improving every year, most people may be living well beyond 80 years.

There have hardly been any adverse effects of yoga on any practitioner.

Most physicians also support practicing yoga.

By practicing even basic yoga, our seniors will be enjoying their lives with better health and mobility than otherwise.

Mahalo



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