

Aloha Labor, Culture and Art Committee

RE: SB 267 to Establish June 21 as International Yoga Day

Hearing Date: February 21, 2019

On behalf of Gandhi International Institute for Peace, I strongly support bill SB 267 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

SB-267

Submitted on: 2/18/2019 5:31:51 PM

Testimony for LCA on 2/21/2019 2:45:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Veda Das	Testifying for The Hari Nama Mission	Support	Yes

Comments:

Yoga has become an intrinsic part of Hawaiian society with yoga studios and practitioners engaging throughout our Islands. Yoga is also very much linked with ecotourism which is the fastest growing segment within the tourist industry and why Hawaii should embrace the science.

SB-267

Submitted on: 2/19/2019 11:13:22 PM

Testimony for LCA on 2/21/2019 2:45:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Wallen Ellingson	Testifying for Gandhi International Institute for Peace	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 SB 267!

Mahalo Nui,

Wallen Ellingson

SB-267

Submitted on: 2/19/2019 11:56:00 PM

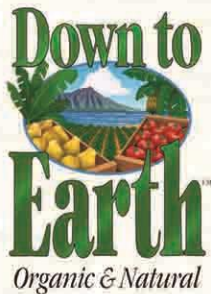
Testimony for LCA on 2/21/2019 2:45:00 PM

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

Comments:

I support SB276 to observe Yoga Day in Hawaii . The United Nation has declared June 21, National Yoga day. Hawaii is considered one of the healthiest states so people look towards us as an example .Yoga is known to be good for the health of the body and beneficial for mental health as well. The popularity of yoga has really grown . Many people travel to yoga retreats around the world . Observing Yoga Day in Hawaii could really put us on the map as a popular destination for the many international yoga practioners . This would be grate for tourism and the economy of the state . for this and many other reasons I support this bill... Madana Sundari GIIP, MLKjrIPF

Love Life!



SB 267 RELATING TO INTERNATIONAL YOGA DAY
Senate Committee on Labor, Culture, and the Arts
February 21, 2019, 2:45pm State Capitol

Aloha Sen. Brian T. Taniguchi, Chair, Sen. Les Ihara Jr., Vice Chair, and Committee Members,

Down to Earth Organic and Natural testifies in support of SB 267.

Down to Earth Organic and Natural has six locations on Oahu and Maui. Since our founding in 1977 Down to Earth has supported the living of a healthy lifestyle and protection of the environment by our selling local, fresh, organic and natural products, and by promoting the eating of natural and organic products and the following of a plant-based vegetarian diet.

We support SB 267 in recognition of International Yoga Day in Hawaii. Yoga is not only an excellent form of exercise that promotes flexibility and strength, it also provides mental clarity, calmness, and inner peace which in turn creates more peaceful families, places of work, and communities.

Thank you for the opportunity to comment on this bill.

Alison Riggs
Public Policy & Government Relations Manager
Down to Earth

2525 S. King St., Suite 309
Honolulu, HI 96826

Phone (808) 824-3240
Fax (808) 951-8283
E-mail: alison.riggs@downtoearth.org

Corporate Office
P.O. Box 1166
Kailua, HI 96734
Phone: (808) 484-5890
Fax: (808) 484-5896
corporate@downtoearth.org

Oahu Locations

Honolulu
2525 South King Street
Honolulu, HI 96826
Phone: (808) 947-7678
Fax: (808) 943-8491
honolulu@downtoearth.org

Kailua
201 Hamakua Drive
Kailua, HI 96734
Phone: (808) 262-3838
Fax: (808) 263-3788
kailua@downtoearth.org

Pearlridge
98-211 Pali Momi Street
Suite 950
Aiea, Hawaii 96701
Phone: (808) 488-1375
Fax: (808) 488-4549
pearlridge@downtoearth.org

Kapolei
4460 Kapolei Parkway
Kapolei, Hawaii 96707
Phone: (808) 675-2300
Fax: (808) 675-2323
kapolei@downtoearth.org

Kakaako
500 Keawe St.
Honolulu, HI 96813
Phone: (808) 465-2512
Fax: (808) 465-2305
kakaako@downtoearth.org

Maui Location

Kahului
305 Dairy Road
Kahului, HI 96732
Phone: (808) 877-2661
Fax: (808) 877-7548
kahului@downtoearth.org

www.downtoearth.org

SB-267

Submitted on: 2/16/2019 10:06:49 PM

Testimony for LCA on 2/21/2019 2:45:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Marc Jason Gilbert	Individual	Support	No

Comments:

SB 267 has already been passed by the House, which recognizes that yoga as practiced in the United States is unique to this state and nation and is popular to the point of ubiquity. Every morning Hawaiian television stations broadcast yoga class free as a means not just of exercise, but of starting the day ready to make a positive contribution to our 'aina and kanaka. It is thus just and proper that yoga be seen as part of an international movement to do the same for the world's population, while insuring Hawaii's contribution to humanity is recognized within the world community.

Measure title: Relating to International Yoga Day

Hearing: Room 224 on 2/21/2019 at 2:45 pm

Respected LCA members,

I strongly support Senate Bill SB 267 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.

February 17, 2019

Aloha LCA Committee members,

I am in support of Senate Bill SB 267 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.

Thank you,

Joyce Ariyoshi / Realtor

808.216.2100 / Joyceariyoshi@aol.com

18 Feb 2019

Hon. Sen. Mike Gabbard 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.

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.

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

Mahalo



Harendra Panalal, MSE, PE, RME

Off 792-0455

Home 538-6202

harenp2009@hotmail.com

Measure title: Relating to International Yoga Day

Testimony in support of SB 267

Hearing: Room 224 on 2/21/2019 at 2:45 pm

Aloha LCA Chair & members,

I support Senate Bill SB 267 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.

SB-267

Submitted on: 2/19/2019 2:56:18 PM

Testimony for LCA on 2/21/2019 2:45:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Aneesh remaniravi	Individual	Support	No

Comments:

I am supporting this bill because Yoga plays a significant role in developing a healthy lifestyle and maintaining good physical and mental health. As a healthcare personal it is vital we should promote health promotion initiatives like this to improve the health of our population.

Aloha LCA Committee members,

I am in support of Senate Bill SB 267 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.

Name/Business: *Govinda Datta Das* / *ISKCON Temple*
President

Date: *2/20/19*

Phone/Email
(808) 595-4913

Aloha LCA Committee members,

I am in support of Senate Bill SB 267 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.

Name/Business: *Yugate Rasa*

Date: *2/20/2019*

Phone/Email *808 542 8358*

Aloha LCA Committee members,

I am in support of Senate Bill SB 267 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.

Name/Business:

Ramananda Desai

Date:

2-20-19

Phone/Email

808-721-3424 ramananda.96707@outlook.com

Aloha LCA Committee members,

I am in support of Senate Bill SB 267 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.

Name/Business:

**MOA WELLNESS CENTER
600 Queen St. C-2
Honolulu, HI 96813
Ph: 808-952-6900**

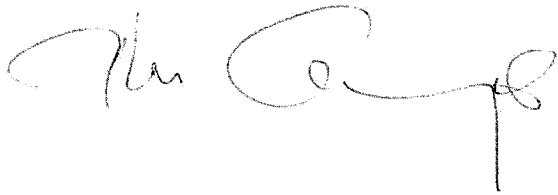
Date:

2-19-19

Phone/Email

295-7453

lan83@hawaii.net



Aloha LCA Committee members,

I am in support of Senate Bill SB 267 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.

Name/Business:

Bikram Sahdev DSS
1150 S. King St. #508
Honolulu HI 96814

Date:

2/19/19

Phone/Email

(808) 783-8304

Aloha LCA Committee members,

I am in support of Senate Bill SB 267 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.

Name/Business: EAST HAWAII YOGA CENTER / KEATINE CHUNG

Date: 2/19/19

Phone/Email 808 396-2208

Aloha LCA Committee members,

I am in support of Senate Bill SB 267 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.

Name/Business:

Sydney Gormont / Yoga instructor

Date:

2/20/14

Phone/Email

(505) 908-8344 gormont140@gmail.com

Aloha LCA Committee members,

I am in support of Senate Bill SB 267 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.

Name/Business: LE FLOWERS
2567 B South King Street
Honolulu, HI 96826
Phone: 808-955-8884

Date: 2/19/19

Phone/Email 955-8884

Aloha LCA Committee members,

I am in support of Senate Bill SB 267 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.

Name/Business: Kevin Costello
Siam Imports
2567 S. King
Date: 2/19/2019 Honolulu 96826

Phone/Email SiamImports@aol.com

Aloha LCA Committee members,

I am in support of Senate Bill SB 267 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.

INDIA MARKET LLC
2357 S. BERETANIA ST #A
Name/Business: HONOLULU, HAWAII - 96826

Date: 2/18/19

Phone/Email

Indiamarketllc@aol.com

Aloha LCA Committee members,

I am in support of Senate Bill SB 267 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.

Name/Business:

PATRICK VYAS, C.P.A., INC *PV*
CERTIFIED PUBLIC ACCOUNTANTS
1277 S, BERETANIA STREET, 2ND FLOOR
HONOLULU, HAWAII 96814-1822
TEL: (808) 593-0080

Date: 2 - 18 - 19

Phone/Email

Aloha LCA Committee members,

I am in support of Senate Bill SB 267 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.

Stone Concepts
Name/Business:

Date: *2/19/2019*

Phone/Email *(808) 352 7666*

Aloha LCA Committee members,

I am in support of Senate Bill SB 267 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.

Name/Business:

Pauahi Leis and Flowers
1145 Maunakea St
Honolulu, HI 96817

Date:

2/19/19

Phone/Email

521-6154

Aloha LCA Committee members,

I am in support of Senate Bill SB 267 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.

PREMEE Stonewales PDC

Name/Business:

Thangka

Date:

2-19-19

Phone/Email

808-343-5658

Aloha LCA Committee members,

I am in support of Senate Bill SB 267 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.

Name/Business:

HAIR CROPPERS



Date: 2-19-19

Phone/Email

808 951-1048

Aloha LCA Committee members,

I am in support of Senate Bill SB 267 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.

Name/Business: *Anthmi Alvarez*

Date: *Feb. 18th 2019*

Phone/Email

808-499-5960

Aloha LCA Committee members,

I am in support of Senate Bill SB 267 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.

Name/Business: Kravton Alvarez

Date: 2/18/19

Phone/Email 808-8326

Aloha LCA Committee members,

I am in support of Senate Bill SB 267 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.

Name/Business: RUCHELLE AGREGADO

Date: 02.08.2019

Phone/Email RAGREGADO.PCW @ GMAIL . COM

Aloha LCA Committee members,

I am in support of Senate Bill SB 267 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.

Name/Business: *J Yumet*

Date: *2-19-19*

Phone/Email *slmtpm@me.com*

*certified International Yoga Teacher
Member of Yoga Alliance
Registered Nurse
Certified Nurse in the Operating
Licensed Acupuncturist
Masters in Oriental Medicine*

Aloha LCA Committee members,

I am in support of Senate Bill SB 267 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.



Name/Business:

Retired Hawaiian Air pilot

Date: *2-19-19*

Phone/Email

STEVE.MALINPILOT@YAHOO.COM

Aloha LCA Committee members,

I am in support of Senate Bill SB 267 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.

Name/Business: Shan Parmley

Date: 2/19/19

Phone/Email 808-371-5947

Aloha LCA Committee members,

I am in support of Senate Bill SB 267 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.

Name/Business: Aisha Asami

Date: 2/19/2019

Phone/Email 722-0020

Aloha LCA Committee members,

I am in support of Senate Bill SB 267 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.

Name/Business: Teri June Amero / MoA Hawaii

Date: 02/19/2019

Phone/Email terijune.moahawaii@gmail.com

Aloha LCA Committee members,

I am in support of Senate Bill SB 267 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.

Name/Business: *Choyce Therapies / Mallori Choy Rahimnejad*

Date: *2/19/19*

Phone/Email

choyce therapies@gmail.com

Aloha LCA Committee members,

I am in support of Senate Bill SB 267 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.

Name/Business: *Clan'ssa Hu*

Date: *2/19/19*

Phone/Email *358-7472*

Aloha LCA Committee members,

I am in support of Senate Bill SB 267 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.

Name/Business: *Cecily A. Schubert*

Date: *2/19/19*

Phone/Email *308-4789328*

Aloha LCA Committee members,

I am in support of Senate Bill SB 267 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.

Name/Business: *Jeonica Aloha*

Date: *2-19-19*

Phone/Email *808-450-2754*

Aloha LCA Committee members,

I am in support of Senate Bill SB 267 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.

Name/Business: Howard - Hazavapu

Date: 2/20/19

Phone/Email hazavapuh@live.com

SB-267

Submitted on: 2/20/2019 2:07:21 PM

Testimony for LCA on 2/21/2019 2:45:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Melodie Aduja	Testifying for O`ahu County Committee on Legislative Priorities of the Democratic Party of Hawai`i	Support	No

Comments:

SB-267

Submitted on: 2/20/2019 5:27:55 PM

Testimony for LCA on 2/21/2019 2:45:00 PM

LATE

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

Comments: