### 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 gift from
- 2 Patanjali, the father of yoga, and other Hindu sages to
- 3 humanity. Yoga means union of self with the universe and
- 4 creator and creates a balance at the physical, mental, and
- 5 spiritual level. Yoga is not just physical exercise; it is a
- 6 spiritual path to control the mind and senses and know one's
- 7 higher self and purpose in life and living in harmony with other
- 8 human beings and nature. Yoga is a way of life and can promote,
- 9 among other things, health and well-being and insight into
- 10 addressing environmental concerns and facilitating world peace.
- 11 More than 250,000,000 people around the world practice some form
- 12 of yoga.
- 13 According to the 2016 Yoga in America Study, which queried
- 14 2,000 members of the general population and 1,700 yoga
- 15 practitioners in the United States, 36,700,000 people in the
- 16 United States practice yoga, seventy-four per cent of whom have
- 17 been practicing for five years or less, which demonstrates the



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



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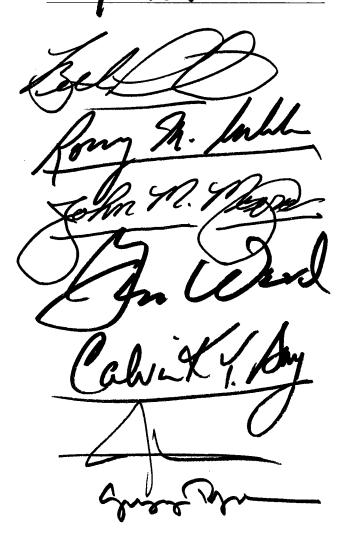
- 1 yourself, the world and the nature." The legislature finds that
- 2 yoga provides a holistic approach to health and well-being, and
- 3 wider dissemination of information about the benefits of
- 4 practicing yoga would be beneficial for the health of Hawaii's
- 5 population. The practice of yoga is beneficial to the people of
- 6 Hawaii, including children, as it lowers stress, health
- 7 problems, and health insurance costs, and promotes healthy
- 8 living and longevity among 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. June 21 of each year
- 16 shall be known and designated as "International Yoga Day";
- 17 provided that this day is not and shall not be construed to be a
- 18 state holiday."
- 19 SECTION 3. New statutory material is underscored.

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

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INTRODUCED BY:



JAN 1 9 2018

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#### Report Title:

International Yoga Day

#### Description:

Designates June 21 of each year as International Yoga Day.

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