RECEIVED **Date & Time** Mar 21, 2018, 11:22 am

<u>SB-2583</u> Submitted on: 3/21/2018 10:23:20 AM

Testimony for VMI on 3/22/2018 10:20:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Melodie Aduja	Oahu County Committee on Legislative Priorities of the Democratic Party of Hawai'i	Support	No

Comments:

Aloha VMI Committee

RE: SB 2583 to Establish June 21 as International Yoga Day

Hearing Date: March 22, 2018

On behalf of Gandhi International Institute for Peace, I strongly support bill SB 2583 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, but some researchers think that yoga may be up to 10,000 years old. It was a gift from Indian Mystic seers/spiritual masters to the humanity. Yoga means a union of self with the divine and universe.

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.

During United Nations General Assembly on September 27, 2014 The Prime Minister of India, Narendra Modi, stated that

"Yoga embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature."

I believe that wider dissemination of information about the benefits of practicing yoga would be beneficial for the health of the people of Hawaii as Yoga creates a balance at the physical, mental/emotional and spiritual level.

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.

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. There are more than 20 yoga studios just in Honolulu. Yoga is also being taught in schools in California. Yoga is a way of life and Hawaii is a perfect place to teach and practice yoga in the park, workplace and schools. There are several yoga studios in Honolulu and on neighbor islands and more are to open in the near future.

As for my personal experience- After my major heart surgery in 1996 and later a spine surgery in 2015, I healed myself through Yoga, breathing exercises, meditation and healthy diet. I published a book on Yoga 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.

Raj Kumar, Ph.D., President Gandhi International Institute for Peace

RECEIVED
Date & Time
Mar 21, 2018, 11:22 am

SB-2583

Submitted on: 3/21/2018 9:53:08 AM

Testimony for VMI on 3/22/2018 10:20:00 AM

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

Comments:

VIN, FIN Committees, I am in support of Senate Bill SB2583 to establish June 21st of every year as International Yoga Day in Hawaii. Yoga means to connect with the Higher sources of nature and is very congruent with our ancient Hawaiian culture and ideals of honoring and protecting the land, the ocean, our bodies, mind and souls.

Passing this Bill will give further credibilty to the Hawaiian principle of respecting all forms of life and their individual processes of uniting with the universe.

RECEIVED
Date & Time
Mar 21, 2018, 11:20 am

SB-2583

Submitted on: 3/20/2018 9:54:25 PM

Testimony for VMI on 3/22/2018 10:20:00 AM

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

Comments:

Yoga has made my body feel younger, my mind more grounded, and my spirit more connected. Hawaii should join other places in designating a Yoga Day to help encourage this very healthy practice. Yoga practitioners will appreciate this. Mahalo!

RECEIVED
Date & Time
Mar 21, 2018, 11:20 am

Aloha VMI Committee

RE: SB 2583 to Establish June 21 as International Yoga Day

Hearing date: March 22, 2018

I am in support of Senate Bill SB2583 to establish June 21 of every year as International Yoga Day in Hawaii.

Yoga is a key to create balance at the physical, mental and spiritual level. It not only promotes flexibility and Better Breathing, but also fosters balance and core strength.

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

Sarika Notani

RECEIVED
Date & Time
Mar 21, 2018, 11:21 am

SB-2583

Submitted on: 3/21/2018 6:55:24 AM

Testimony for VMI on 3/22/2018 10:20:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Maiju Kutty	Individual	Support	No

Comments:

I am in support of Senate Bill SB2583 to establish June 21 of every 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.

RECEIVED
Date & Time
Mar 21, 2018, 11:21 am

SB-2583

Submitted on: 3/21/2018 7:30:07 AM

Testimony for VMI on 3/22/2018 10:20:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Harendra Panalal	Individual	Support	No

Comments:

Hon. Senator Mike Gabbard:

Due to improved medical procedures, people are living healthier and longer.

Our healthcare costs are rapidly increasing.

Yoga will improve health of all practioners, and at minimal cost.

Being Hindus, Sen Gabbard and Congresswoman Tulsi Gabbard are aware of tremendous benefits of yoga.

In fact, I would suggest that we have yoga as part of our physical education program in all schools.

Harendra Panalal, MSE, PE, RME

Home 538-6202, Off 792-0455

harenp2009@hotmail.com

RECEIVED **Date & Time** Mar 21, 2018, 11:22 am

<u>SB-2583</u> Submitted on: 3/21/2018 9:22:54 AM

Testimony for VMI on 3/22/2018 10:20:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Craig Shull	Individual	Support	No

Comments:

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

RECEIVED
Date & Time
Mar 21, 2018, 11:22 am

SB-2583

Submitted on: 3/21/2018 10:22:28 AM

Testimony for VMI on 3/22/2018 10:20:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Josh Atwood	Individual	Support	No

Comments:

I am in support of Senate Bill SB2583 to establish <u>June 21</u> of every 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.

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RECEIVED Date & Time Mar 21, 2018, 11:23 am

<u>SB-2583</u> Submitted on: 3/21/2018 10:50:40 AM

Testimony for VMI on 3/22/2018 10:20:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Lisa Ellen Smith	Individual	Support	No

Comments:

RECEIVED **Date & Time** Mar 21, 2018, 1:18 pm

<u>SB-2583</u> Submitted on: 3/21/2018 1:05:28 PM

Testimony for VMI on 3/22/2018 10:20:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Evern Williams	Individual	Support	No

Comments:

RECEIVED Date & Time Mar 21, 2018, 3:49 pm

SB-2583

Submitted on: 3/21/2018 3:46:49 PM

Testimony for VMI on 3/22/2018 10:20:00 AM

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 72 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 2583!

Mahalo Nui,

Wallen Ellingson

RECEIVED Date & Time Mar 22, 2018, 9:16 am

SB-2583

Submitted on: 3/22/2018 2:33:29 AM

Testimony for VMI on 3/22/2018 10:20:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Ron Lam	Individual	Support	No

Comments:

Rep. Matthew S. LoPresti, Chair

Rep. Beth Fukumoto, Vice Chair

VMI Committee

Dear Representatives,

As a former Founding Board Member of the Gandhi International Institute for Peace, I am submitting this testimony in support of SB2583 to increase public awareness of the profound yet simple practice of YOGA as it pertains to the personal well-being of a person. This ancient gift from India is effective in balancing one's physical, mental and spiritual attributes, and potentially very cost-effective in preventing and managing health disorders.

I wish to see the implementation of this Bill coming before your Committee to also provide service opportunities in the community and provide cultural diversity to residents of Hawaii.

Mahalo,

Ronald Y.K. Lam

Yoga Bill	SB#2583	

I wish to vote to pass the Yoga Day Bill. I feel it is very good overall for people for health, stretching, increasing flexibility, for the mind, body and soul.

It has been around for a very long time in all countries and Nations in the World.

It is important to have a special Yoga Day to celebrate.

Debbie Young

debbyoung@gmail.com

RECEIVED Date & Time Mar 21, 2018, 3:00 pm

Aloha VMI, FIN Committees,

I am in support of House Bill HB 2086 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: James Panas Signature: J2 18

Phone: 735-0287

I am in support of House Bill **HB 2086** to establish June 21 of each year as International Yoga Day in Hawaii.

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Name:

Maharani USAFINC

Signature:

Date: 62/19/18

Phone: 951-7447

Email: Mahanani usa, com

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Name: Andy Malin Signature: andy maler Date: 2-19-18

Phone: 808.397.1103

Email: andyhawaiimail 1@ yahoo.com

I am in support of House Bill HB 2086 to establish June 21 of each year as International Yoga Day in Hawaii.

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Name: Daniel Gonzalez J Signature: Daniel Gonzalez J Date: 3[[][8]

Phone: 408-381-7792

Email: daniel94@hawaii.edu

I am in support of House Bill HB 2086 to establish June 21 of each year as International Yoga Day in Hawaii.

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Name: Chlorith T. BLUNCE (1)
Signature: Chrohn T. Philiptt

Date: 2122118

Phone: 808-228-9326

I am in support of House Bill HB 2086 to establish June 21 of each year as International Yoga Day in Hawaii.

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Name: Jeogre A. Hayakawa Signature: June 4 Hayakawa Date: 2128118

Phone:

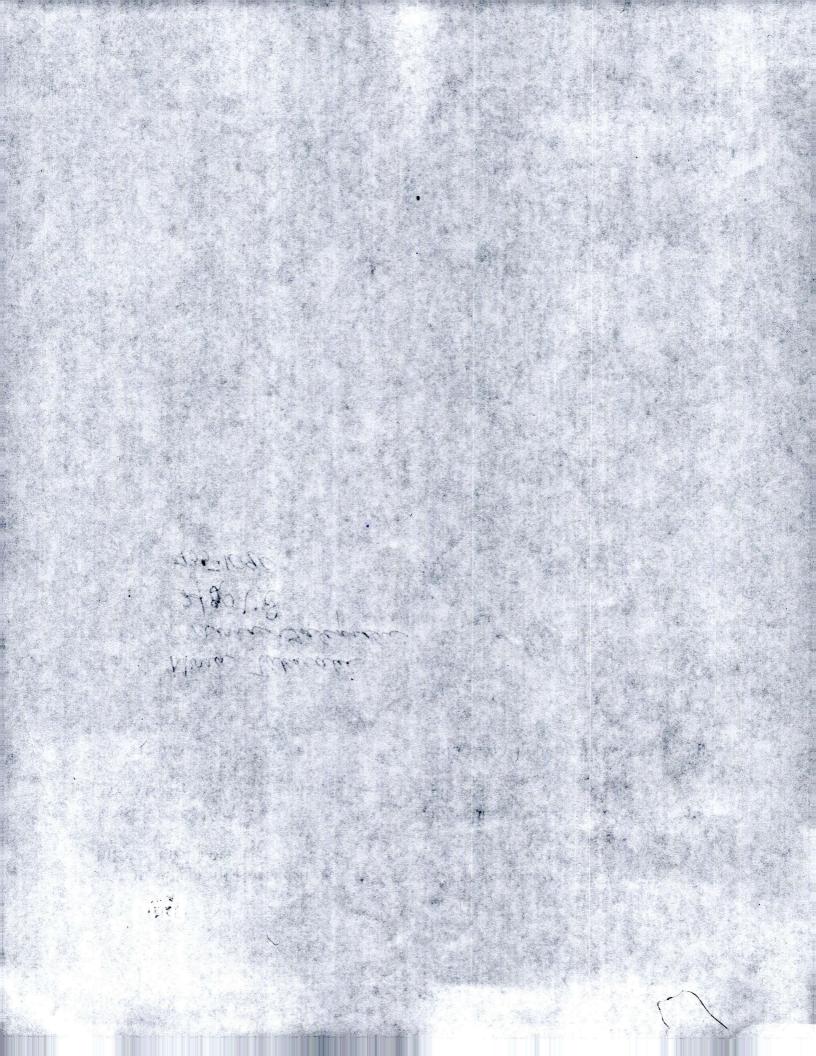
Email: Jaharakaruaa gozast. con

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Name: Mona Takasalii Signature: Mona Takasalii Date: 2480 [[8] Phone: 735-1090



I am in support of House Bill **HB 2086** to establish June 21 of each year as International Yoga Day in Hawaii.

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Name: Fred Gordon
Signature:
Date: 2(28(18)
Phone: 868 737 3707

Email: Fred & famous art. com

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Name: Detbie Young Realton, Help-U-Sell Signature: Delbie yourn Date: 311118

Phone: 808-228-0661. Email: Sebbyoung & gmail. om

1110-856-700 Calbie young Rest Help- no new all all a second and the contractions

I am in support of House Bill **HB 2086** to establish June 21 of each year as International Yoga Day in Hawaii.

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Name: Dori Bargas Signature: Llon' Bargar Date: 2/20118

Phone: 726-9013

I am in support of House Bill **HB 2086** to establish June 21 of each year as International Yoga Day in Hawaii.

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Name: Ky D/NH
Signature: Tythoh
Date: 2/19/19
Phone: 237 9107

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Name: Thas Nguyer
Signature: Uhas Nguyer
Date: 2/19/18
Phone: (864) 490 - 3326
Email: Tuthan 66@ Jahoo. Com

I am in support of House Bill HB 2086 to establish June 21 of each year as International Yoga Day in Hawaii.

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Name: Anthon, Alvaroz

Signature: 19/2018

Date: 2/19/2018

Phone: 808499-5960

202 469-8963 Arten Alwarez Actum Day Sec.

I am in support of House Bill **HB 2086** to establish June 21 of each year as International Yoga Day in Hawaii.

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Name: Matthew Auyong

Signature: Mas A

Date: $\frac{2}{20/18}$

Phone: 808 SSY 6581

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Name: Jennifer Valenzuela

Signature: Jennife Valeyth

Date: 2-21-18

Phone: 951-743-0480

Email: jjual 235 @ Sbcglobal. net

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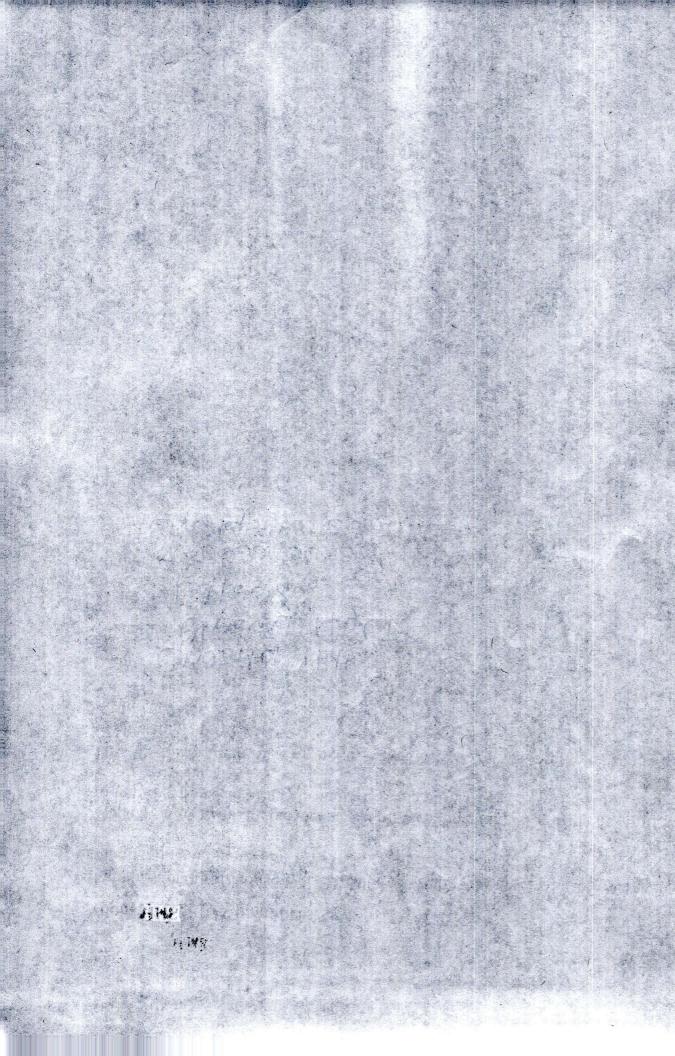
Name: Tiffanie Gardner
Signature: J. Warne Mand
Date: 2/21/18
Phone: 808. 844. 2929
Email: tiffanie gardner & formail.com

I am in support of House Bill HB 2086 to establish June 21 of each year as International Yoga Day in Hawaii.

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Phone: 737-222-3645 Email: Chasity Hill 81@Gmail. Com



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Name: DANIEL

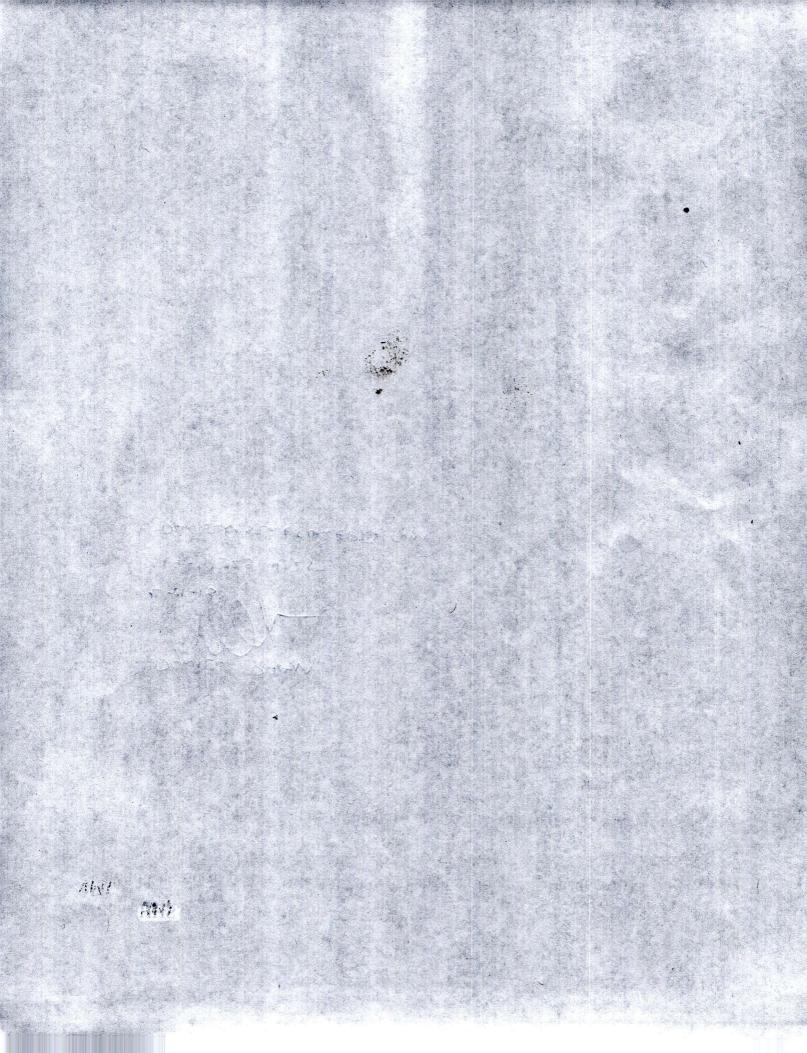
DANIEL PHAN

Signature:

Date: 2-21-18

Phone: (949) 228 - 4125

Email: DANIEL Q STONE CONCEPTS. COM



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Name: Amanda Ward
Signature: Amando Ward

Date: 2-21-18

Phone: (252) 626-5458

Email: wardnewlyweds 99 a yahoo. com.



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Name: Josh Bullius

Signature: 18 Date: 2-21-18

Phone: 1/40-856-6260
Email: Joullins 82@gmail.com

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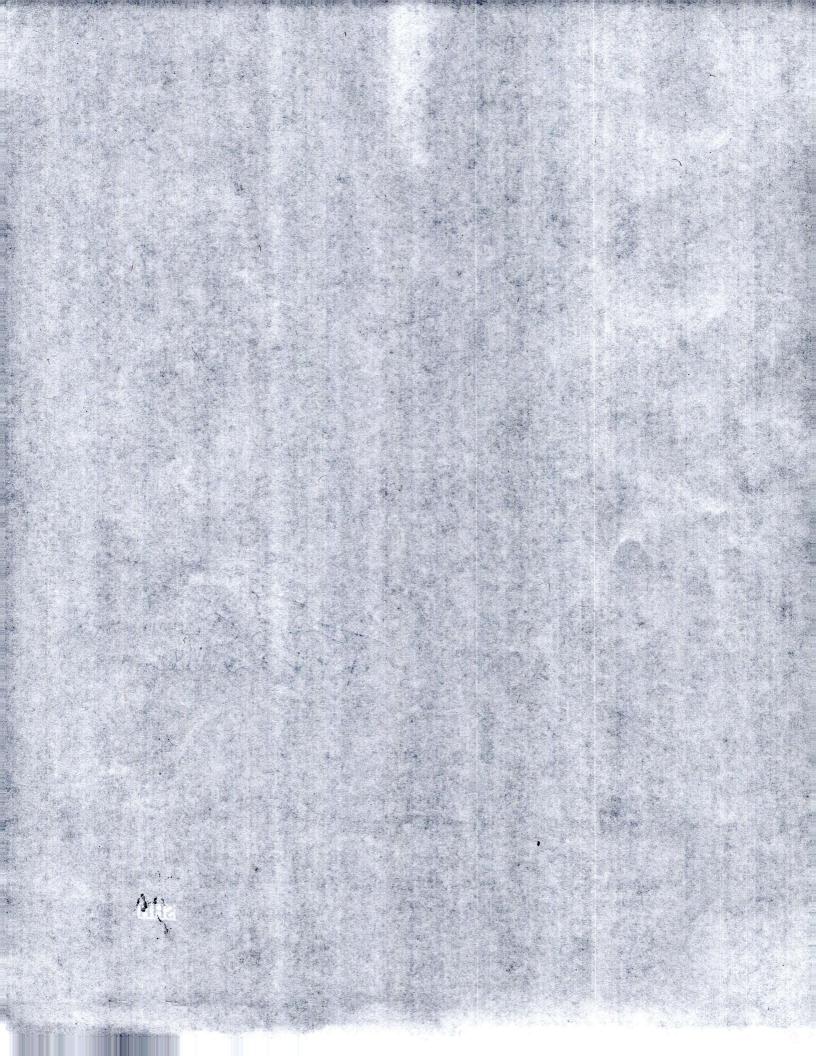
Name:

Signature

Date.

Phone:

Email:



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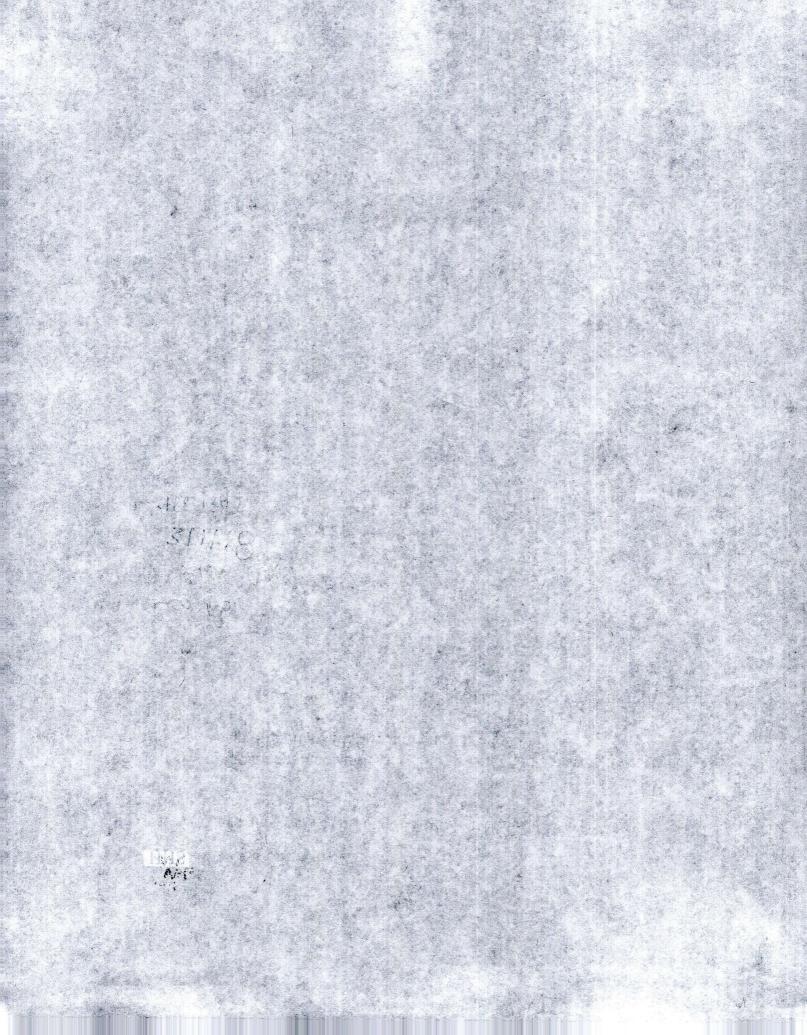
Name: Lisa Abl

Signature: Lisa Obc

Date: 311/18

Phone: 4887842

Email:



I am in support of House Bill HB 2086 to establish June 21 of each year as International Yoga Day in Hawaii.

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

Name: Tom Pham
Signature: homphon
Date: 311/18

Phone: 808-343-5658
Email: tpham-324@yahoo.com

I am in support of House Bill HB 2086 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.

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Name: Shanner Milay
Signature: Kun Mol

Date: 422/15

Phone: 808-753-2735

Email: Bloodangel 808@gmail.com

I am in support of House Bill HB 2086 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.

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Linda M. Guess

Signature: Finda m. 92 wess Date: 31118

Phone: 808 550 - 4237

Itadays linda quess 808 egmzil .com Email:

I am in support of House Bill **HB 2086** to establish June 21 of each year as International Yoga Day in Hawaii.

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Name:

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Signature:

Date: Phone:

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I am in support of House Bill HB 2086 to establish June 21 of each year as International Yoga Day in Hawaii.

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Name: Soft Pusius,
Signature: Surcusius
Date: 2/28118

Phone:

Email: Sofihawaiiagenail com

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Name: Allyn Gaspar
Signature: Olly So

Date: 31118

Phone: (818) 237-9913

Email: Gasal 5511 @ yahor. Com

I am in support of House Bill **HB 2086** to establish June 21 of each year as International Yoga Day in Hawaii.

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Name: Jeffrey Ekamoto H.D.
Signature: Mary Otamoto H.D.
Date: 2/24/18
Phone: 9537365

Email: jokamoto e hamaii.edu

International Yoga Day in Hawaii. I am in support of House Bill HB 2086 to establish June 21 of each year as

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

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

Name: Thirt Jacker Ph.D. Ambassdor for U.N.

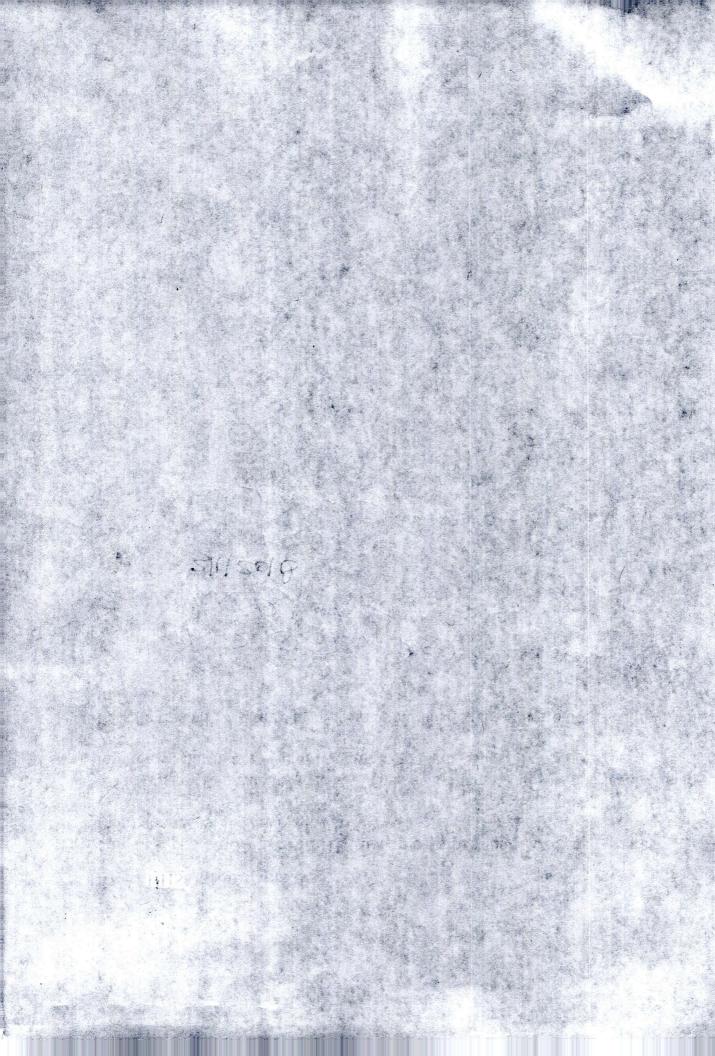
Signature: Joseph Date: SILLEN A

Phone: 808-772.0724

Phone: 808-772.0724

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Phone: 808-772.0724



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Name:

Date: 2/28[(8 Estrella Ballea Phone: 52/6/56

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

Name:

Date:

Ruby Giner 2128118

Phone: 952-6960

Email: rginer. moahawaii@gmail.com

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Name: Joh Sterry

Signature:

Date: 2-16-2018

Phone: 809-346-0300

Email: jtsrenz@havail.edu

The UPS Store 7192 Kalanianaole Hwy Ste A143A Honolulu, HI 96825

I am in support of House Bill HB 2086 to establish June 21 of each year as International Yoga Day in Hawaii.

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Name: JACOB TRY Signature: Josephin Date: 311/18

Phone: 509 952 5718

Email: trijacob 3@gmail.com

7192 T

The UPS Store 7192 Kalanianaole Hwy Ste A143A Honolulu, HI 96825

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Name: kamlesh Sappal
Signature: kSappal
Date: z · 20·18
Phone: 808.395 4269

Email:

Cosmopolitan Sun Shop

7192 Kalanianaole Hwy Suite E120 Honolulu, HI 96825

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Name: Menter Singh | Frictiq Maliket
Signature: Henry

Date:

811851Z

Phone: 808 888 2277

Email: MAINGRICET LTD Q GOL. COM

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Name: Kabir Chowdhary / Cafe Taymahal
Signature: Wellow Low

Date: 2[28118

Phone: (808) 429-1388

Email: bake 821 a gmail, Com

I am in support of House Bill HB 2086 to establish June 21 of each year as International Yoga Day in Hawaii.

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Name: Late Zhou, Drofessor Signature: Late Date: 311118

Phone: 808 754 4652

Email: Katezhoua hawri, edy

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Name: Caron Wilberts
Signature: am M. Wilhum
Date: 3/2/2018

Phone: 223-0958

Email:

I am in support of House Bill HB 2086 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: Martin de Burger, PT Signature: Mul cl My

Date:

2121/18 808 396 8908 Phone:

marhidebugger Q yahn.com Email:

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Name: Donna Camaye Signature: Tamua Camaye Date: 2/21/18 Phone: (808) 205-0500 Email: dtamaye@kalanihs.org

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Name: Jill K. Yamauchi

Signature: 02/21/2018

Phone: 305-0532 Email: jill-yamaudri@hotes.k12.hi.us

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Name: FRANK JANTANA DOWN & EARTH ORGANIC + NATURAL

Signature: Bearbling Contino

Date: 2/19/18

Phone: (808) 941-2204

Email: FRANK@DOWNTOBARTH.ORG

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Name:

Signature:

CYNTHIA CRUZ re: 2/19/18 Date:

Phone: (808) 551-5824

Email: Cynthia @ downto earth. crg