

**Substitute for House Resolution No. 369.**

A resolution to declare June 21, 2018, as International Day of Yoga in the state of Michigan.

Whereas, In 2014, the United Nations General Assembly declared June 21 as the International Day of Yoga. During his address to the General Assembly in support of declaring the global celebration, the Prime Minister of India, Narendra Modi, observed, “Yoga is an invaluable gift of India’s ancient tradition. It 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”; and

Whereas, The word “yoga” is derived from the Sanskrit word “yuj,” which means “to unite or integrate,” and one objective of a yoga practice is to harmonize the body, spirit, and mind through various breathing exercises, yoga poses (also called asanas), and meditation. Yoga may be used to discover a sense of oneness and connection within oneself, other people, the world, nature, and the universe; and

Whereas, Michigan is home to many yoga teachers, students, studios, and classes that have collectively contributed to the significant growth of yoga throughout the United States. A 2016 study conducted by yoga trade leaders estimated there are 36.7 million people currently practicing yoga in the United States, an increase from 20.4 million in 2012; and

Whereas, The Art of Living Foundation aims to unite with community members and organizations across the globe to celebrate the International Day of Yoga, and its Michigan Chapter seeks to make the greater Michigan community a more healthy, peaceful and harmonious state that will set an example for the entire nation by organizing International Day of Yoga celebrations in the month of June in various cities across the state of Michigan; now, therefore, be it

Resolved by the House of Representatives, That the members of this legislative body declare June 21, 2018, as International Day of Yoga in the state of Michigan.