

LEGISLATIVE RESOLUTION memorializing Governor Andrew M. Cuomo to proclaim June 21, 2016, as Yoga Day in the State of New York, in conjunction with the observance of International Yoga Day

WHEREAS, It is the custom of this Legislative Body to recognize official days that are set aside to increase awareness of issues that affect the lives of citizens of New York State; and

WHEREAS, Attendant to such concern, and in full accord with its long-standing traditions, it is the sense of this Legislative Body to memorialize Governor Andrew M. Cuomo to proclaim June 21, 2016, as Yoga Day in the State of New York, in conjunction with the observance of International Yoga Day; and

WHEREAS, In a proud moment for India, the United Nations has adopted June 21, 2016, as International Yoga Day after Prime Minister Narendra Modi has urged the world community to celebrate Indian yoga; and

WHEREAS, In India, respect for nature is an integral part of spiritualism, and Indians treat nature's bounties as sacred; yoga is an invaluable gift of its ancient tradition; and

WHEREAS, Yoga is an Indian physical, mental, and spiritual practice or discipline; there is a broad variety of schools, practices and goals in Hinduism, Buddhism including Vajrayana and Tibetan Buddhism, and Jainism; the best-known are Hatha yoga and Raja yoga; and

WHEREAS, Yoga embodies unity of mind and body, thought and action, restraint and fulfillment, harmony between man and nature, and a holistic approach to health and well-being; performing yoga allows an individual to discover the sense of oneness with oneself, the world and nature; and

WHEREAS, Yoga is believed to have five principal meanings: yoga as a disciplined method for attaining a goal, yoga as techniques of controlling the body and the mind, yoga as a name of one of the schools or systems of philosophy, yoga in connection with other words, such as "hatha-", "mantra-", and "laya-", referring to traditions specializing in particular techniques of yoga, and yoga as the goal of yoga practice; and

WHEREAS, The origins of yoga have been speculated to date back to pre-Vedic Indian traditions, but most likely developed around the sixth and fifth centuries BCE, in ancient India's ascetic circles; yoga gurus from India later introduced yoga to the west in the late 19th and early 20th centuries; and

WHEREAS, In the 1980s, yoga became popular as a system of physical exercise across the Western world; yoga in Indian traditions, however, is more than physical exercise, it has a meditative and spiritual core; and

WHEREAS, It is the purpose of Yoga Day to bring greater public awareness of the benefits of yoga, encouraging the growth of a sustainable pattern of consumption and lead to a balance between man and nature; now, therefore, be it

RESOLVED, That this Legislative Body pause in its deliberations to memorialize Governor Andrew M. Cuomo to proclaim June 21, 2016, as Yoga Day in the State of New York, in conjunction with the observance of World Yoga Day; and be it further

RESOLVED, That a copy of this Resolution, suitably engrossed, be transmitted to The Honorable Andrew M. Cuomo, Governor of the State of New York.