A RESOLUTION

1 Designating the month of May 2019 as "Yoga Awareness Month" in Pennsylvania.

3 WHEREAS, The goal of "Yoga Awareness Month" is to provide education on the health benefits of yoga to inspire healthy lifestyles for all residents of this Commonwealth; and

6 WHEREAS, Yoga is a 5,000-year-old Hindu practice that practitioners use to harmonize the body with the mind and breath through various breathing exercises, yoga poses, or asanas, and meditation; and

10 WHEREAS, The warming weather of spring initiates outdoor activity as people become naturally energized; and

12 WHEREAS, Yoga can be practiced nearly anywhere, including outdoors; and

14 WHEREAS, "Yoga Awareness Month" encourages residents of this Commonwealth to practice healthy outdoor activities and try yoga, which aids in relaxation and stress reduction; and

17 WHEREAS, Yoga provides an opportunity for affordable group
exercise; and

WHEREAS, This Commonwealth shares the mission of healthy living and educating the community on healthy options and participation in wellness activities; and

WHEREAS, This Commonwealth is committed to improving health and wellness, including raising public awareness of the benefits of yoga; therefore be it

RESOLVED, That the House of Representatives designate the month of May 2019 as "Yoga Awareness Month" in Pennsylvania; and

be it further

RESOLVED, That the House of Representatives recognize yoga and its important benefits as a preventive health measure; and

be it further

RESOLVED, That the residents of this Commonwealth get involved and educated on how the practice of yoga can improve overall mental and physical well-being and positively impact lives.