
THE GENERAL ASSEMBLY OF PENNSYLVANIA

HOUSE RESOLUTION

No. 292 Session of
2019

INTRODUCED BY MURT, HILL-EVANS, HENNESSEY, COX, LONGIETTI,
KORTZ, BURNS, DIGIROLAMO, SONNEY, CALTAGIRONE, FREEMAN,
MILLARD, SAINATO AND NEILSON, APRIL 30, 2019

INTRODUCED AS NONCONTROVERSIAL RESOLUTION UNDER RULE 35,
APRIL 30, 2019

A RESOLUTION

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

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

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

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

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

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

17 WHEREAS, Yoga provides an opportunity for affordable group

1 exercise; and

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

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

8 RESOLVED, That the House of Representatives designate the
9 month of May 2019 as "Yoga Awareness Month" in Pennsylvania; and
10 be it further

11 RESOLVED, That the House of Representatives recognize yoga
12 and its important benefits as a preventive health measure; and
13 be it further

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