

Proclamation



Bob Buckhorn, Mayor

WHEREAS, yoga originates from ancient times in India, and it is a process of keeping the human mind and body in good health with the advantage of achieving a healthy body, mind and spirit, and the belief that spiritual training is considered a part of physical training; and

WHEREAS, each day, millions of people of all ages, genders, ethnicity, faiths, nationalities and abilities worldwide perform yoga procedures for relaxation, health and spiritual reasons; and

WHEREAS, *Hindu Swayamsevak Sangh USA, Inc.* (HSS), a Hindu Service Society, is a nonprofit cultural organization with the mission of preserving and promoting ancient Hindu heritage and values, and it organizes an annual health awareness program, Surya Namaskar Yajna, known as **Health for Humanity Yogathon**, now in its twelfth year; and

WHEREAS, the goal of this year's Surya Namaskar Yajna is to encourage 12,000 participants globally to complete one million *Sun Salutations*, a sequence of twelve yoga poses, during the period of January 13-31, 2018, with the goal of bringing awareness about the many health benefits received from the simple postures and breathing techniques, and to promote friendship and mutual understanding among multi-cultural and diverse members of the community; and

WHEREAS, during the Health for Humanity Yogathon, local yoga enthusiasts, yoga studios, schools and organizations will participate in the 2018 event and will encourage others the Tampa Bay community to join in this initiative with the goal of improving mental and physical well-being.

NOW, THEREFORE, I, Bob Buckhorn, by virtue of the authority vested in me as Mayor of the city of Tampa, Florida, do hereby proclaim January 13-31, 2018 as

"HEALTH FOR HUMANITY YOGATHON"

in the city of Tampa, Florida, and urge all citizens to participate in this health event, and to understand the cultural significance of yoga and its teachings.

Dated in Tampa, Florida, this 11th day of December, 2017.



Bob Buckhorn

Mayor

