

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 in 2007 it established an annual health awareness program, Surya Namaskar Yajna, known as the **Health for Humanity Yogathon**, and last year's event had over 25,000 individuals from around the United States and internationally participate; and

WHEREAS, the goal of this year's Surya Namaskar Yajna is to encourage participants globally to complete one million yoga poses during the period of January 12-27, 2019, with the mission 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, locally, during the Health for Humanity Yogathon, the Abhimanyu Shakha Tampa Chapter of Hindu Swayamsevak Sangh USA, along with yoga and fitness enthusiasts, yoga studios, schools and organizations will participate in the 2019 event, and they will encourage others to join in this initiative with the goal of improving the mental and physical well-being of those in the community.

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 12-27, 2019 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 4th day of January, 2019.



Bob Buckhorn

Mayor

