

Assembly Concurrent Resolution

No. 85

Introduced by Assembly Member Kalra

**(Coauthors: Assembly Members Boerner Horvath, Chau, Levine,
Nguyen, and Villapudua)**

(Coauthors: Senators Caballero, Glazer, Min, Ochoa Bogh, and Wiener)

May 13, 2021

Assembly Concurrent Resolution No. 85—Relative to the 2021
International Day of Yoga.

LEGISLATIVE COUNSEL’S DIGEST

ACR 85, as introduced, Kalra. The 2021 International Day of Yoga.
This measure would recognize June 21, 2021, as the 2021 International
Day of Yoga in California.

Fiscal committee: no.

1 WHEREAS, For many years, yoga teachers and students desired
2 a collective global celebration of the over 5,000-year-old physical,
3 mental, and spiritual practice of yoga, including yoga teacher
4 Gurudev Sri Sri Ravi Shankar, who explained, “Yoga is a lifestyle
5 and should not be mistaken for only asanas.” “Yoga helps a human
6 being to unfold his full potential. Yoga improves the quality of
7 life, which is so much needed today. Yoga can wipe the tears and
8 bring smiles on every face. It can bring celebration and skill in
9 everyone’s life”; and
10 WHEREAS, In 2014, the United Nations General Assembly
11 declared June 21 the International Day of Yoga. During his address
12 to the General Assembly in support of declaring the global
13 celebration, the Prime Minister of India, Narendra Modi, observed,

1 “Yoga is an invaluable gift of India’s ancient tradition. It embodies
2 unity of mind and body; thought and action; restraint and
3 fulfillment; harmony between man and nature; a holistic approach
4 to health and well-being. It is not about exercise but to discover
5 the sense of oneness with yourself, the world and the nature”; and

6 WHEREAS, The word “yoga” is derived from the Sanskrit word
7 “yuj,” which means “to unite or integrate,” and one objective of
8 a yoga practice is to harmonize the body, spirit, and mind through
9 various breathing exercises, yoga poses, also called asanas, and
10 meditation; and

11 WHEREAS, California is home to many yoga teachers, students,
12 studios, and classes that have collectively contributed to the
13 significant growth of yoga throughout the United States. A 2016
14 study conducted by yoga trade leaders estimated there are 36.7
15 million people currently practicing yoga in the United States, an
16 increase from 20.4 million in 2012; and

17 WHEREAS, While yoga originated from Hindu and Vedic
18 traditions, yoga is currently practiced by people of different
19 cultures, traditions, religions, and nationalities, demonstrating that
20 all people have the shared goal to uplift the human experience;
21 and

22 WHEREAS, Yoga brings strength, stability, and unity within
23 the body, mind, and emotions. Yoga, however, can be more than
24 a type of mental or physical exercise. Yoga may be used as a means
25 to discover a sense of oneness and connection within oneself, other
26 people, the world, nature, and the universe. A regular practice of
27 yoga may help promote a healthy body, a violence-free society, a
28 clear mind, an open intellect, peacefulness with past experiences,
29 a joyful soul, and a strong breath; and

30 WHEREAS, During the COVID-19 pandemic, yoga has grown
31 in importance as a valuable tool for mental health and well-being.
32 While many were not able to socially gather at yoga studios and
33 gyms, many were still able to practice yoga as evidenced by the
34 popularity of online yoga classes and increased demand for yoga
35 equipment; now, therefore, be it

36 *Resolved by the Assembly of the State of California, the Senate*
37 *thereof concurring*, That the Legislature hereby recognizes June
38 21, 2021, as the 2021 International Day of Yoga in California and
39 an opportunity to better understand the benefits of yoga as a path
40 to uplift the human experience; and be it further

- 1 *Resolved*, That the Chief Clerk of the Assembly transmit copies
- 2 of this resolution to the author for appropriate distribution.

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