



## Legislation Details (With Text)

<b>File #:</b>	Res 0120-2018	<b>Version:</b>	*	<b>Name:</b>	Recognizing and commemorating June 21st as Yoga Day in NYC.
<b>Type:</b>	Resolution	<b>Status:</b>		<b>In control:</b>	Filed (End of Session) Committee on Health
<b>On agenda:</b>	1/31/2018				
<b>Enactment date:</b>		<b>Enactment #:</b>			
<b>Title:</b>	Resolution recognizing and commemorating June 21st as Yoga Day in the City of New York.				
<b>Sponsors:</b>	Paul A. Vallone				
<b>Indexes:</b>					
<b>Attachments:</b>	1. Res. No. 120, 2. January 31, 2018 - Stated Meeting Agenda, 3. Hearing Transcript - Stated Meeting 01-31-2018, 4. Minutes of the Stated Meeting - January 31, 2018				

Date	Ver.	Action By	Action	Result
1/31/2018	*	City Council	Introduced by Council	
1/31/2018	*	City Council	Referred to Comm by Council	
12/31/2021	*	City Council	Filed (End of Session)	

### Res. No. 120

Resolution recognizing and commemorating June 21<sup>st</sup> as Yoga Day in the City of New York.

By Council Member Vallone

Whereas, Yoga has been practiced for thousands of years; and

Whereas, According to a 2012 study on yoga in the United States, 20.4 million Americans practice yoga;  
and

Whereas, The National Center for Complementary and Integrative Health recognizes that "yoga may be beneficial for a number of conditions, including pain;" and

Whereas, According to a study published in Alternative Therapies in Health and Medicine, by Barry S. Oken et al., which performed a random control trial on the benefits of yoga for seniors, compared to the control group, seniors in the yoga group had "significant improvement in quality-of-life;" and

Whereas, According to a study published in the European Journal of Preventive Cardiology by Paula Chu et al., which reviewed random control trials comparing yoga to non-exercise controls, yoga produced significant improvement for body mass index, systolic blood pressure, low-density lipoprotein cholesterol, and high-density lipoprotein cholesterol; and

Whereas, This review also showed that yoga produced significant changes seen in body weight, diastolic blood pressure, total cholesterol, triglycerides, and heart rate; and

Whereas, The National Center for Complementary and Integrative Health within the National Institutes of Health have found that yoga significantly improves low-back pain; and

Whereas, Forbes Magazine lists New York City as one of the top 10 cities in the United States for yoga; and

Whereas, The United Nations declared June 21<sup>st</sup> of each year as international yoga day; now, therefore, be it

Resolved, That the Council of the City of New York recognizes and commemorates June 21<sup>st</sup> as Yoga Day in the City of New York.

JKS/CP  
LS# 3839/ Res. 672/2015  
LS# 1056  
1/4/18