



Legislation Text

File #: Res 0672-2015, **Version:** *

Res. No. 672

Resolution recognizing and commemorating June 21st as World Yoga Day in the City of New York.

By Council Members Vallone, Dromm, Eugene and Koo

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, Daniel Zajdel, Shirley Kishiyama, Kristin Flegal, Cathleen Dehen, Mitchell Haas, Dale F. Kraemer, Julie Lawrence, and Joanne Leyva, 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, Rinske Gotink, Gloria Yeh, Sue Goldie, and Myriam Hunink, 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 United States Centers for Disease and Control recognizes yoga as a great activity for everyone; 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 21st 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 21st as World
Yoga Day in the City of New York.

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Initials: JKS