



Legislation Text

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Res. No. 672

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

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Date: 03/09/15  
Time: 12:52 PM  
Initials: JKS