



Legislation Text

File #: Res 0120-2018, **Version:** *

Res. No. 120

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

JKS/CP
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1/4/18