

CITY OF SPOKANE



PROCLAMATION

WHEREAS, Yoga, first mentioned in ancient sacred texts of the Rig Veda, an ancient practice originating in India over 5000 years ago, has shown significant benefits for physical and mental well-being. It provides a holistic approach to health and well-being, a wider dissemination of the benefits of practicing yoga would be beneficial for the health of the world population; and

WHEREAS, the United Nations unanimously passed a resolution, officially adopting June 21st as the International Day of Yoga in 2014, supported by 175 member countries, following the initiative proposed by India's Prime Minister Narendra Modi; and the newly opened Consulate General of India in Seattle plays a vital role in fostering partnerships and collaboration between India and the United States; and

WHEREAS, the City of Spokane recognizes the importance of promoting health, harmony, and peace within our community:

NOW, THEREFORE, I, Lisa Brown, Mayor of the City of Spokane, on behalf of the people of Spokane, do hereby proclaim June 21, 2025 as

INTERNATIONAL DAY OF YOGA

in Spokane and encourage all residents to participate in yoga activities, celebrate our shared cultural heritage, and promote well-being.

I, Lisa Brown, Mayor of Spokane,
do hereunto set my hand and
cause the seal of the City of Spokane
to be affixed this
10th day of June 2025.

Lisa Brown

Lisa Brown
Mayor

