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THE GENERAL ASSEMBLY OF PENNSYLVANIA

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HOUSE RESOLUTION

No. 918 Session of  
2018

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INTRODUCED BY MURT, BULLOCK, CALTAGIRONE, DIGIROLAMO, DONATUCCI,  
FREEMAN, HEFFLEY, HENNESSEY, HILL-EVANS, KINSEY, MILLARD,  
NEILSON, PICKETT, READSHAW, SCHLOSSBERG AND TOOHL,  
MAY 17, 2018

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INTRODUCED AS NONCONTROVERSIAL RESOLUTION UNDER RULE 35,  
MAY 17, 2018

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A RESOLUTION

1 Designating the month of May 2018 as "Yoga Awareness Month" in  
2 Pennsylvania.

3 WHEREAS, The goal of "Yoga Awareness Month" is to provide  
4 education on the health benefits of yoga to inspire healthy  
5 lifestyles for all residents of this Commonwealth; and

6 WHEREAS, Yoga is a 5,000-year-old Indian practice that  
7 practitioners use to harmonize the body with the mind and breath  
8 through various breathing exercises, yoga poses, or asanas, and  
9 meditation; and

10 WHEREAS, The warming weather of spring initiates outdoor  
11 activity as people become naturally energized; and

12 WHEREAS, Yoga can be practiced nearly anywhere, including  
13 outdoors; and

14 WHEREAS, "Yoga Awareness Month" encourages residents of this  
15 Commonwealth to practice healthy outdoor activities and try  
16 yoga, which aids in relaxation and stress reduction; and

1       WHEREAS, Yoga provides an opportunity for affordable group  
2 exercise; and

3       WHEREAS, This Commonwealth shares the mission of healthy  
4 living and educating the community on healthy options and  
5 participation in wellness activities; and

6       WHEREAS, This Commonwealth is committed to improving health  
7 and wellness, including raising public awareness of the benefits  
8 of yoga; therefore be it

9       RESOLVED, That the House of Representatives designate the  
10 month of May 2018 as "Yoga Awareness Month" in Pennsylvania; and  
11 be it further

12       RESOLVED, That the House of Representatives recognize yoga  
13 and its important benefits as a preventive health measure; and  
14 be it further

15       RESOLVED, That the residents of this Commonwealth get  
16 involved and educated on how the practice of yoga can improve  
17 overall mental and physical well-being and positively impact  
18 lives.