

**No. R-144. House concurrent resolution expressing appreciation for the economic and health benefits that the yoga industry provides to Vermonters.**

(H.C.R.108)

Offered by: Representatives González of Winooski, Burke of Brattleboro, Chesnut-Tangerman of Middletown Springs, and Grad of Moretown

Whereas, there are dozens of yoga studios throughout Vermont, contracting with hundreds of yoga teachers, providing a significant economic benefit to the Vermont economy, and

Whereas, these yoga studios provide classes and trainings to thousands of Vermonters, and

Whereas, yoga has numerous health benefits for the people who practice it, including reduced incidences of depression, anxiety, stress, and back pain, and

Whereas, persons participating in yoga have been able to reduce their addiction to drugs or alcohol and address symptoms of post-traumatic stress disorder, now therefore be it

Resolved by the Senate and House of Representatives:

That the General Assembly expresses its deep appreciation to the yoga industry for the economic and health benefits the industry provides to Vermonters, and be it further

Resolved: That the Secretary of State be directed to send a copy of this resolution to the Students and Teachers Yoga Association in Montpelier.