



Proclamation

International Yoga Day June 21st, 2016

Whereas; Yoga is a 5,000-year-old physical, mental and spiritual practice which helps to positively transform both body and mind and;

On December 11 in 2014 the United Nations General Assembly declared June 21st as the International Day of Yoga, receiving support from 175 nations, including the USA, China and Canada and;

Thousands of people in Halifax Regional Municipality use Yoga to help them live a more healthy, peaceful, fulfilling and meaningful life;

THEREFORE, be it resolved that I, Mayor Mike Savage, on behalf of Halifax Regional Council, do hereby proclaim, June 21, 2016 as "International Yoga Day" in the Halifax Regional Municipality and encourage citizens to learn more about the practice and use it to better themselves and serve those around them.

Dated at Halifax, Nova Scotia
this 21st day of June, 2016



Original Signed

Mike Savage
Mayor