

# PROCLAMATION

**WHEREAS:** Yoga is an ancient practice that supports a healthy mind and body. For thousands of years in India, spiritual training has been considered an important part of physical training. The Surya Namaskar (SUN Salutation) is a special 10-step sequence of yoga postures and easy breathing techniques that provide the key health benefits of yoga; and

**WHEREAS:** Hindu Swayamsevak Sangh USA, Inc. (HSS) is a nonprofit social and cultural organization that aims to preserve and share ancient Hindu heritage and cultural values with the next generation and raise awareness around the world; and

**WHEREAS:** HSS, including the local Jacksonville chapter, is participating in the 13th year of its national Health for Humanity Yogathon campaign, also known as "Surya Namaskar Yajna." The 16-day observance, launched in 2007 to spread the practice of yoga and share its physical and spiritual benefits, also seeks to promote friendship, mutual understanding and good health among multicultural and diverse members of the community; and

**WHEREAS:** Beginning on January 12, yoga enthusiasts, yoga studios, schools and organizations across the world are encouraged by HSS to participate in the observance by including the 10-step daily SUN Salutation as a part of physical activity and/or spiritual training.

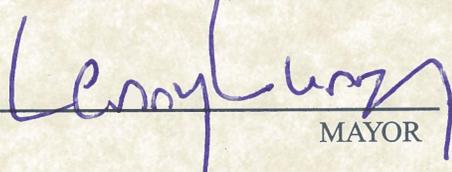
**NOW, THEREFORE, I, LENNY CURRY,** by virtue of the authority vested in me as mayor of Jacksonville, Florida, do hereby proclaim January 12-27, 2019 as

## **HEALTH FOR HUMANITY YOGATHON**

in Jacksonville and encourage all interested citizens to participate in pursuit of spiritual and physical well-being and to connect with members of our diverse community.



IN WITNESS THEREOF, this 11<sup>th</sup> day of January  
in the year Two Thousand 19

  
MAYOR

CITY OF JACKSONVILLE, FLORIDA