

# Proclamation

**WHEREAS,** ancient India considered spiritual training a part of physical training; YOGA is an ancient process of keeping the human mind and body in good health; and the Surya Namaskar (SUN Salutation) is a special sequence of YOGA postures that provides the key health benefits of YOGA in a very succinct package; and

**WHEREAS,** Hindu Swayamsevak Sangh (HSS) is a voluntary, nonprofit, social and cultural organization that aims to preserve the ancient Hindu heritage and cultural values for the next generation and raise awareness around the world; and

**WHEREAS,** the goal of the HSS Health for Humanity Yogathon is to bring awareness of adopting a healthy lifestyle with regular practice of Surya Namaskar; and

**WHEREAS,** YOGA enthusiasts, studios, schools and organizations are participating by organizing free sessions during this period; and

**WHEREAS,** SUN Salutations can be included daily during this time as a part of physical activity and/or spiritual training.

**NOW, THEREFORE, I, W. Jeff Williams, Mayor of the City of Arlington, Texas, and on behalf of the Arlington City Council, do hereby encourage citizens to become more aware of the benefits of yoga and proclaim the period of January 16<sup>th</sup> through 31<sup>st</sup>, 2021 as**

## **HEALTH FOR HUMANITY YOGATHON**

*IN WITNESS WHEREOF, I have hereunto set my hand and caused the Seal of the City to be affixed this 12<sup>th</sup> day of January in the year of Our Lord two thousand and twenty-one.*



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MAYOR