

State of South Carolina

Governor's Proclamation

WHEREAS, with its roots in ancient Indian philosophy, yoga is a discipline utilizing breathing exercises, physical postures, and spiritual, relaxation, and meditation techniques; and

WHEREAS, yoga is generally considered to be a safe complementary health regimen for healthy people when practiced properly and with appropriate instruction; and

WHEREAS, research continues into the possible health benefits of yoga, including the reduction of pain, lowering of blood pressure and heart rate, and relief of anxiety and stress; and

WHEREAS, this year marks the tenth annual Health for Humanity Yogathon, , promoting friendship, mutual understanding, and good health among all members of the yoga community.

NOW, THEREFORE, I, Nikki R. Haley, Governor of the great State of South Carolina, do hereby proclaim January 16-31, 2016, as

YOGA DAYS

throughout the state and encourage all South Carolinians to explore the possible benefits of yoga and other physical activity programs.



A handwritten signature in cursive script, reading "Nikki R. Haley".

NIKKI R. HALEY
GOVERNOR
STATE OF SOUTH CAROLINA