



ZIONSVILLE

Town of Zionsville Proclamation Recognizing the weeks of January 14 – 29, 2023 as HEALTH FOR HUMANITY YOGATHON

WHEREAS, yoga is an ancient Hindu practice developed thousands of years ago in the Indian subcontinent for maintaining spiritual, mental and physical wellbeing; and

WHEREAS, Surya Namaskara, or Sun Salutation, is a traditional yogic practice combining a sequence of postures with breathing exercises; and

WHEREAS, Hindu Swayasevak Sangh, or HSS, is a nonprofit charitable organization with over 235 branches in 173 cities and in 32 states including 5 branches in the state of Indiana, through which it conducts a Hindu values education program and community service activities such as food drives, providing hot meals to shelters and providing PPE to first responders in several cities across Indiana; and

WHEREAS, HSS is organizing its annual Health for Humanity Yogathon with the goal of having 1,000 individual participants cumulatively complete 11,000 repetitions of Surya Namaskara to promote the spiritual, mental and physical wellbeing of all members of the community; and

WHEREAS, yoga enthusiasts, yoga studios, local schools and other community organizations are participating in the HSS Health for Humanity Yogathon; and

WHEREAS, the Town of Zionsville urges all citizens to participate in Yogathon to promote the spiritual, mental and physical well-being of this community.

The Town of Zionsville, through its Mayor, recognizes January 14 – 29, 2023 as

HEALTH FOR HUMANITY YOGATHON

TOWN OF ZIONSVILLE, INDIANA BY ITS MAYOR

Emily Styron, Mayor

ATTEST:

Julie Johns-Cole, Deputy Mayor