

MOTION BY SUPERVISOR DON KNABE

June 21, 2016

June 21 was declared as the International Day of Yoga by the United Nations General Assembly. Yoga, an ancient physical, mental and spiritual practice that originated in India, aims to transform body and mind through breathing, stretching and meditation. It is widely regarded as a physical practice that promotes overall health and wellbeing for all ages.

I, THEREFORE, MOVE that the Board of Supervisors declare June 21, 2016 as Yoga Day in Los Angeles County.

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MOTION

RIDLEY-THOMAS _____

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