

Town of Apex, North Carolina

Proclamation

from the Office of the Mayor

Health for Humanity Yogathon 2022

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 exercise; and

WHEREAS, Hindu Swayamsevak Sangh, or HSS, is a nonprofit charitable organization with over 235 branches in 173 cities and in 32 states including 9 branches in the state of Massachusetts, 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 Massachusetts.

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 enthusiast, yoga studios, local schools, and other community organizations are participating in the HSS Health for Humanity Yogathon.

NOW, THEREFORE, I, Jacques K. Gilbert, Mayor of the Town of Apex do hereby recognize its annual Health for Humanity Yogathon to promote the spiritual, mental, and physical, wellbeing of all members of the community.

IN WITNESS THEREOF, I have hereunto set my hand
and caused the Seal of the Town of Apex, North Carolina
to be affixed this the 25th day of January 2022



Jacques K. Gilbert, Mayor