

Date of Hearing: June 15, 2026

ASSEMBLY COMMITTEE ON RULES
Blanca Pacheco, Chair
ACR 165 (Kalra) – As Introduced March 25, 2026

SUBJECT: The 2026 International Day of Yoga.

SUMMARY: Recognizes June 21, 2026, as the 2026 International Day of Yoga in California to provide an opportunity to better understand the benefits of yoga as a path to uplift the human experience. Specifically, **this resolution** makes the following legislative findings:

- 1) For many years, yoga teachers and students desired a collective global celebration of the over 5,000-year-old physical, mental, and spiritual practice of yoga. In 2014, the United Nations General Assembly declared June 21 the International Day of Yoga.
- 2) The word “yoga” is derived from the Sanskrit word “yuj,” which means “to unite or integrate,” and one objective of a yoga practice is to harmonize the body, spirit, and mind through various breathing exercises, yoga poses, also called asanas, and meditation.
- 3) California is home to many yoga teachers, students, studios, and classes that have collectively contributed to the significant growth of yoga throughout the United States. Yoga has become one of the fastest growing wellness practices in the past decade, with approximately 36 million Americans estimated to practice yoga regularly, and one in three Americans have at least tried yoga once.
- 4) While yoga originated from Hindu and Vedic traditions, yoga is currently practiced by people of different cultures, traditions, religions, and nationalities, demonstrating that all people have the shared goal to uplift the human experience.
- 5) Yoga brings strength, stability, and unity within the body, mind, and emotions. Yoga can be more than a type of mental or physical exercise. Yoga may be used as a means to discover a sense of oneness and connection within oneself, other people, the world, nature, and the universe.
- 6) A regular practice of yoga may help promote a healthy body, a violence-free society, a clear mind, an open intellect, peacefulness with past experiences, a joyful soul, and a strong breath.
- 7) This year marks the 12th International Day of Yoga, and people worldwide use this celebratory day to raise awareness of the history, benefits, and teachings of yoga.

FISCAL EFFECT: This resolution is keyed non-fiscal by Legislative Counsel.

REGISTERED SUPPORT / OPPOSITION:

Support

None on file

Opposition

None on file

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