



PROCLAMATION

WHEREAS, the COVID-19 pandemic has been an unprecedented human tragedy that has exacerbated psychological suffering and mental health problems; and

WHEREAS, people around the world embraced yoga to fight social isolation and depression during the pandemic; and

WHEREAS, the essence of yoga is balance – not just balance within the body or that between the mind and the body, but also balance in the human relationship with the world.

WHEREAS, yoga emphasizes the value of mindfulness, moderation, discipline, and perseverance; and

WHEREAS, in keeping with this spirit, the theme for this year's Yoga Day celebration is "Yoga for Humanity".

NOW, THEREFORE, I, Wes Mays, Mayor of the City of Coppell, do hereby designate June 21, 2023, as

“YOGA DAY”

IN WITNESS THEREOF, I have set my hand and caused the seal of the City of Coppell to be affixed this 11th day of July 2023.

Wes Mays, Mayor

ATTEST:

Ashley Owens, City Secretary