

# International Day of Yoga



## What is Yoga and why do we celebrate it?



Yoga is an ancient physical, mental and spiritual practice that originated in India. The word 'yoga' derives from Sanskrit and means to join or to unite, symbolizing the union of body and consciousness.

Recognizing its universal appeal, on 11 December 2014, the United Nations proclaimed 21 June as the International Day of Yoga by resolution 69/131.

The International Day of Yoga aims to raise awareness worldwide of the many benefits of practicing yoga.

The draft resolution establishing the International Day of Yoga was proposed by India and endorsed by a record 175 member states. The proposal was first introduced by Prime Minister Narendra Modi in his address during the opening of the 69th session of the General Assembly, in which he said: "Yoga is an invaluable gift from our ancient tradition. Yoga embodies unity of mind and body, thought and action ... a holistic approach [that] is valuable to our health and our well-being. Yoga is not just about exercise; it is a way to discover the sense of oneness with yourself, the world and the nature."

But yoga is more than a physical activity. In the words of one of its most famous practitioners, the late B. K. S. Iyengar, "Yoga cultivates the ways of maintaining a balanced attitude in day-to-day life and endows skill in the performance of one's actions."

## 2023 Regional Yoga Opportunities:

<p><b>Guest House Hot Yoga, LeeAnn Wiggin</b> A heated "boutique" yoga studio built out of a passion for a fitness based yoga practice. Small group yoga and fitness classes are also available. @guesthousehotyoga <a href="http://guesthousehotyoga.simplybook.me/">http://guesthousehotyoga.simplybook.me/</a></p>	<p><b>JGB Yoga, Jeanette Gara-Betzold</b> Bringing joy, gratitude, and balance into everyday life through yoga. Weekly gentle yoga, retreats, workshops and private sessions available. Contact: @jgbyoga, jgbyoga.com, 208-791-5573</p>
<p><b>NW Natural Healthcare, Loretta Tye</b> As a passionate person and businesswoman, my goal is to improve everyone's energy systems through Natural Healthcare. Contact: Allourbasicneeds.com</p>	<p><b>Lewis-Clark State College</b> Kinesiology Courses (1 credit activity courses-KIN 131/KIN 132)- Hatha Yoga, Meditation Yoga <a href="http://www.lcsc.edu">www.lcsc.edu</a></p>
<p><b>Gypsi Asana, Kayla Sanders</b> Yoga Workshops Immersions Retreats Gypsi.asana.yoga@gmail.com</p>	<p><b>Bewildered, Kate Swenson</b> Creating a safe, modern environment of peace, patience, therapy, ritual, love, family, respect, and movement. Contact: 801-380-1724, <a href="mailto:bewildereducation1111@gmail.com">bewildereducation1111@gmail.com</a></p>
<p><b>Ashtanga Yoga Lewiston</b> A group of yoga enthusiasts devoted to daily practice and supporting a yoga community. Contact: Ashtangayogalewiston.com @ashtangayogalewiston</p>	<p><b>Chelsey Pratt-Banta</b> If you find yourself in Grangeville, ID, Chelsey offers yoga classes and nutritional guidance from a Functional Medicine perspective. This Fall, she will also be taking clients for skin to soul deep bodywork. Contact: #208-791-9130 @speak_to_soul</p>
<p><b>JoyMagnet, Lisa Sanphillippo</b> Laughter yoga &amp; life celebrations by Lisa Sanphillippo! Contact: TheJoyMagnet.com</p>	<p><b>Grateful Threads, Krystle Monda</b> Yoga instructor and curator of style and sustainability! Contact: @gratefulthreadsconsignment <a href="http://www.gratefulthreadsconsignment.com/">http://www.gratefulthreadsconsignment.com/</a></p>
<p><b>Rishi Yoga, Christina Stalnaker</b> Yogini Christina delivers the ancient and therapeutic practice of yoga from its roots in the Himalayas to the Clearwater Valley. Contact: @yoginichristina, @idahocountyyoga <a href="https://www.rishiyoga.org/">https://www.rishiyoga.org/</a></p>	<p><b>Dayjah Vu Yoga, Kimberly Butler</b> Live intentionally with DayJah Vu Yoga and Wellness. Our welcoming community blends positive mindset, yoga, and healthy living practices for a happier life! Contact: @dayjahvuyoga, <a href="http://dayjahvuyoga.com/">http://dayjahvuyoga.com/</a></p>
<p><b>Snap Fitness</b> 1019 21st St, Lewiston, ID, 208-746-7472, <a href="mailto:lewiston@snapfitness.com">lewiston@snapfitness.com</a></p>	<p><b>Smart Fitness</b> 621 Bryden Avenue, Lewiston, ID, (208) 413-6522 <a href="mailto:info@smartfitnesslc.com">info@smartfitnesslc.com</a></p>
<p><b>Yoga2You, Brandy Whitcomb</b> (208)503-0925 <a href="mailto:yoga2youLCV@gmail.com">yoga2youLCV@gmail.com</a></p>	<p><b>Abby Abts, Embodiment and Breathwork</b> (208) 750-8616 <a href="mailto:abigail.m.abts@gmail.com">abigail.m.abts@gmail.com</a></p>