



PROCLAMATION

OFFICE OF THE MAYOR

Whereas The Sahaja Yoga Meditation Network (SYMN) of Halton has, for over 21 years, offered free meditation & wellness programs supporting the mental, emotional, physical, and spiritual well-being of Burlington residents; and

Whereas Through the “100 Seeds of Joy” initiative, SYMN volunteers make yoga & meditation accessible in a simple & inclusive way, helping bridge gaps across cultures, generations, and backgrounds; and

Whereas Month of May highlights Mental Health Awareness, the UN’s International Day of Living Together in Peace (May 16), and UN’s International Day of Yoga soon after (June 21), all emphasizing balance, inclusion, and well-being; and

Whereas SYMN’s free annual events, including the 11th Festival of New Beginnings 2026 and the 2nd “New Beginnings” International Yoga Day Marathon, bring residents together in Burlington’s shared spaces, outdoors & indoors; and encourage residents to participate in wellness initiatives and help build a peaceful, inclusive, and connected community; and

Whereas This year includes a special focus from our team of volunteers on Youth & Senior Mental Health through expanded outreach and collaboration;

Therefore I, Marianne Meed Ward, Mayor of the City of Burlington do hereby proclaim **May 5, 2026** as

“Sahaja Yoga Meditation Day”

in the City of Burlington and do commend its thoughtful observance to all citizens of our municipality.



Mayor Marianne Meed Ward

Dated this 16th day of April 2026

