

2016 SESSION

INTRODUCED

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SENATE JOINT RESOLUTION NO. 150

Offered February 9, 2016

Commending Beloved Yoga.

Patrons—Howell; Delegate: Plum

WHEREAS, Beloved Yoga, which provides residents of Reston with opportunities for healthy stress relief and carries out generous outreach programs in the community, was honored by the Greater Reston Chamber of Commerce and Cornerstones, Inc., with a prestigious 2016 Best of Reston Award in the Small Business Leader category; and

WHEREAS, the Best of Reston awards honor individuals, organizations, and companies that have demonstrated an extraordinary commitment to helping others and improving the lives of people throughout the greater Reston area; and

WHEREAS, Beloved Yoga, founded by Maryam Ovissi, strives to provide community members with the tools and techniques to achieve self-empowerment, self-healing, and self-realization; with locations in Reston and Great Falls, Beloved Yoga offers regular classes, workshops, retreats, and lectures to reach all segments of the community; and

WHEREAS, under Maryam Ovissi's leadership, the staff and instructors of Beloved Yoga are generous ambassadors to the community, who participate in charitable fundraisers; promote awareness of the needs of their clients; and conduct free courses at Cornerstones, Herndon Resource Center, and Embury Rucker Community Shelter; and

WHEREAS, in addition, Beloved Yoga works with the Southgate Community Center to provide instructors and equipment for weekly teen, adult, and senior yoga classes at no charge to the center or participants, which has allowed many participants to experience the benefits of yoga for the first time; and

WHEREAS, to encourage health and relaxation in the community, Maryam Ovissi and the staff of Beloved Yoga established the Love Your Body Yoga Festival on the second Sunday in June each year; the event has become a regional tradition, featuring health vendors and wellness activities, with all proceeds donated to Cornerstones; and

WHEREAS, Beloved Yoga has helped countless residents of Reston reduce stress, increase focus, and convert stress into positive energy, and it has inspired other individuals and organizations to give back to the community; now, therefore, be it

RESOLVED by the Senate, the House of Delegates concurring, That the General Assembly hereby commend Beloved Yoga for its efforts to improve the health and wellness of all Restonians and on its well-deserved honor as a 2016 Best of Reston Award recipient in the Small Business Leader category; and, be it

RESOLVED FURTHER, That the Clerk of the Senate prepare a copy of this resolution for presentation to Maryam Ovissi, owner and director of Beloved Yoga, as an expression of the General Assembly's admiration for Beloved Yoga's enduring commitment to making Reston a special place to live, work, and play.

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