

San José, January 16, 2019

Sir
Narendra Modi
Republic of India
Prime Minister

Your Excellency,

It is a great joy for us to send you this message of thanks through the Harmony with Nature program of the United Nations Organization.

In September 2014 you requested the UN to declare the International Yoga Day. Your call was to take advantage of yoga, the great gift of India for the world, as a tool to harmonize the balance of being and its necessary connection with Nature. Recognizing the tremendous *power of one*, your call invited people to become the change they want to see in the world.

Your invitation was an innovative proposal to unite inner peace, peace among peoples and peace with nature through personal transformation with global impact. A call for peaceful action capable of supporting the achievement of the Sustainable Development Goals and the Paris Agreement in a collaborative way. A beautiful initiative with the necessary strength to become the solution to the greatest challenge facing humanity in the 21st century: Climate Change.

Echoing your words, the Gaia Foundation of Costa Rica develops *Yo Soy la Respuesta* (I am the Answer), an education project for peace, wellbeing, sustainability and human rights that is committed to influencing future generations through formal education with yoga and meditation, to take care of Mother Earth and to fulfill the SDG's and the Paris Agreement.

I Am the Response promotes the clarification of values and the development of knowledge, skills and abilities using the tools of Gaia Yoga, Intentional Mindfulness Meditation and Collective Action. All this to teach to build conscious, healthy and sustainable lifestyles, within the framework of the proposal of holistic health sciences presented by Gaia to the UN and endorsed by Harmony With Nature program.

In 2016-2017, Gaia developed the pilot of this project, which won two Latin American awards. In 2018 it was declared of Educational Interest by the Ministry of Public Education of Costa Rica and endorsed by the United Nations Organization. In addition, it was recognized by the Secretary General as a model project in report A / 73/221 on Harmony with Nature.

Thanks to the success of the project, Gaia asked the Costa Rican government for its support, through the signing of an executive decree. As it is considered aligned with the goals of the National Development Plan, the administration Alvarado Quesada (2018-2022) signed last October, the Executive Decree No. 41424 MD-MS-TUR-MCJ-MEP of October 26, 2018, better known as the Decree of Yoga and Meditation.

This decree signed by the Ministries of Health, Public Education, Culture, Tourism and Sport declares of public interest the activities and initiatives related to the International Day of Yoga *"as they*

promote yoga and meditation with the intention of creating environments of well-being and conscious, healthy, sustainable lifestyles in harmony with Mother Earth."

Fundación Gaia celebrated the signing of the Decree on November 16, in a historic ceremony that inaugurated the construction of the first yoga deck in a public park. The ceremony was attended by the government of India, through the representative of the Embassy of India for Costa Rica, Panama and Nicaragua, the honorable Vijayalakshmy Sunderrajan, who said among other things: "*it is an honor that this decree has been signed in Costa Rica, because although yoga was born in India, it is a discipline and a method of health and peace for all nations, religions and cultures*".

With this great achievement, Costa Rica is converting your words, Excellency Mr. Modi, into a visible reality at the national level. For these reasons we propose that with the signing of this decree a new stage in the history of the relationship between the yoga of both nations begins, equally committed to the search for inner peace and peace with nature, in which yoga and meditation become part of the solution to the great challenges facing the survival of humanity.

With the impulse of the Decree of Yoga and Meditation, the Costa Rican Social Security Fund, the governing institution of health in Costa Rica, organized the first massive yoga class. Thus, this past December 1, in which we also commemorate the Day of the Abolition of the Army, 3000 people were summoned to celebrate the birth of a culture of yogis who say YES to a culture of peace that guarantees the sustainability of our Common House.

Of my highest consideration,

Javier Francisco Ortiz Gutiérrez
UN Independent expert on Holistic Science
Fundación Gaia
President