86R29346 BK-D

By:  González of Dallas H.R. No. 1638

R E S O L U T I O N

WHEREAS, Since 2014, Yoga N Da Hood and its founder, Ebony Smith, have helped introduce underserved residents of Dallas and other communities to the many benefits of yoga; and

WHEREAS, Ms. Smith, an Oak Cliff native and full-time yoga instructor, created the program to make yoga more affordable and accessible to everyone, particularly people of color who are often underrepresented in yoga classes; she began practicing yoga seven years ago to prepare herself for childbirth and was impressed by the impact it had on both her health and her mental focus; today, she hosts approximately four free classes per week; she also enjoys teaching free weekly classes and compassion workshops to Girls Inc., an organization that provided her with guidance and mentorship during troubled times in her childhood; and

WHEREAS, Yoga N Da Hood is now offered as an after-school program in more than two dozen Dallas-area elementary schools; it was recently named the 2019 recipient of the Pegasus Prize by the Dallas Foundation, which includes a $50,000 grant that will help the organization train 300 more yoga teachers and expand the program's reach from 310 to nearly 3,000 students; and

WHEREAS, Through Yoga N Da Hood, more Texans of all ages and backgrounds are discovering the power of yoga to promote health, ease stress, and improve their overall well-being, and Ebony Smith may take well-deserved pride in having touched many lives through this outstanding program; now, therefore, be it

RESOLVED, That the House of Representatives of the 86th Texas Legislature hereby honor Ebony Smith for her work to bring yoga to underserved communities through Yoga N Da Hood and extend to Ms. Smith sincere best wishes for continued success; and, be it further

RESOLVED, That an official copy of this resolution be prepared for Ms. Smith as an expression of high regard by the Texas House of Representatives.