

By: González of Dallas

H.R. No. 1638

R E S O L U T I O N

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

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

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

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

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

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