

DaddYoga: FREE Virtual Yoga Class for Dads & Kids Featuring Judge Dawson!

June 13 & 27 beginning at 10 a.m. on Zoom. Register at familyandcommunityimpact.org/daddyoga.

DaddYoga is yoga for dads and kids to do together! It's a unique, fun, and free opportunity for fathers and their young children to learn and practice yoga. And best of all, it can be done from the comfort of your own home!

If you're a dad of young children, chances are [you've been stressed](#). Hopefully not often! But let's face it, kids have a lot of energy and require a lot of attention. To be a dad, you have to be a man of focus, commitment, and sheer will. Certainly, fatherhood is a joy. But it can be a joy that drains you physically and emotionally if you don't take time to relieve some stress. And we all know "taking time" when you have small children can be a tricky task.

So that's why we're offering dads in Northeast Ohio an opportunity to de-stress — *with* their kid — using the power of yoga. DaddYoga is a FREE virtual yoga class with [Judge William Dawson](#), an [expert yoga instructor](#), motivational speaker, and municipal court judge in East Cleveland. Two sessions will be held via [Zoom](#): First, on [Sunday, June 13](#), and then again on [Sunday, June 27](#).

Each day, the program will begin at 10 a.m. with a 20-minute virtual yoga session. Then, Judge Dawson will offer some insights and encouragement to fathers about healthy living and other life goals.

After yoga, participants will get to hear from and speak with some really cool people from the world of professional sports. On June 13, Major League Baseball agent Josh Yates — who has represented ballplayers all over the country, including in Cleveland — will join DaddYoga to discuss his experiences as a single father while navigating the high-powered world of professional sports.

Meanwhile, for the June 27 session, dads will meet with Bryson Haynes, senior manager of the [Cleveland Cavaliers' youth sports outreach program](#) and long-time professional in child mental health. Mr. Haynes will talk about his experience working with NBA teams to promote the health and well-being of children and families in Cleveland and Atlanta.

Other insights, resources, and surprises also will be in store! So come join us for DaddYoga and discover a bit more about what dads do.

You can register for either Zoom session of DaddYoga at the links below.

- June 13: bit.ly/33MBedY
- June 27: bit.ly/3uPKgmt

To learn more about Judge Dawson's yoga classes, visit <https://poweryogaflow.com>.

For any questions about DaddYoga, please contact Maic D'Agostino by emailing michael.dagostino@ohioguidestone.org or calling or texting [216-347-8495](tel:216-347-8495). DaddYoga is sponsored by [OhioGuidestone's Father's Feelings Project](#) and the [Ohio Commission on Fatherhood](#).