



WE ARE
YOUTH FOCUSED
WOMEN'S
EMPOWERMENT



2022 Annual Report & Impact Statement

LETTER FROM FOUNDER

Ashley is a Yoga Alliance certified RYT 500, RPYT and RPYT yoga teacher. She received a B.A. in English and double minors in Business Administration and Environmental Science from UC Berkeley, a M.Sc. from The London School of Economics, and a J.D. from Fordham University School of Law. She worked for Kirkland & Ellis LLP as a corporate restructuring attorney. Currently, she is a real estate professional, yogi, and philanthropist.

WE are a youth focused Women's Empowerment nonprofit creating the next generation of leaders through job certification courses rooted in the principles of yoga.

Empowering youth with evidence-based yoga teacher training that improves physical and mental health outcomes.

Providing vocational yoga degrees and job placement support to women ages 14-24.

Reducing recidivism through the principles and teachings of yoga to incarcerated women.

Ashley Share, Esq,
Founder, CEO, Treasurer,
& Chairwoman of the
Board of ShareLove.Fund.



MISSION

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What we are aiming to accomplish?

ShareLove.Fund seeks to empower women by utilizing existing capitalistic structures to effectuate change through social enterprise.

ShareLove.Fund provides a free yoga teaching degree program to pregnant and incarcerated women and youth so that they have a livelihood, should they need it, that respects their mind, body, and soul.

ShareLove.Fund also provides job skills and leadership training to all youth through our internship program. ShareLove.Fund is creating the next generation of female leadership even in private schools and community groups by teaching high school students to use their "teaching voice" and take command of the classroom when they present themselves as yoga teachers.

What are the organization's key strategies for making this happen?

ShareLove.Fund seeks to empower women through providing a free teacher certification degree. By hiring those women or providing job placement assistance, ShareLove.Fund:

1. Reduces Poverty
2. Reduces Hunger
3. Improves Health & Wellbeing
4. Provides Quality Education
5. Creates Gender Equality by closing the unemployment gap between men and women
6. Provides Decent Work & Economic Growth
7. Contributes to Industry Infrastructure by Creating Multimedia Formats of Our Free Yoga Education Curriculum
8. Reduces Inequalities by Providing a Free Degree Program and Changing the Color of Yoga
9. Contributes to Sustainable Cities and Communities by Providing Jobs to Graduates of ShareLove.Fund and Job Placement Services
10. Contributes to Responsible Consumption and Production through its business practices



11. Contributes to Peace and Justice through Mindfulness Curriculum and Meditations Provided to Jails

12. Partners with Local Yoga Schools to Place Graduates in Jobs, Local Schools to Educate Teachers about Mindfulness, and the New York City Department of Correction to Provide Programming to Incarcerated Women.

Our program works. We have a 100% success rate in terms of women receiving a benefit from our program and living a more sustainable life contributing to one of the above factors. We achieve these tremendous results by taking it one breath at a time, treating each woman with dignity, and training her to be a leader in her community as a yoga teacher.

What are our capabilities for doing this?

ShareLove.Fund's founder is a certified yoga teacher with specialties in prenatal and children's yoga as well as is a lawyer and received her masters in business. By offering her services to ShareLove.Fund gratuitously and by being ShareLove.Fund's largest donor, she has enabled ShareLove.Fund to build lives for over 1,000 women.

What have and haven't we accomplished so far?

ShareLove.Fund has increased the U.S. Federal tax base by over \$25,000 in 2020 by providing gainful employment to women and minorities.

ShareLove.Fund is the number one content provider for Rosie's the women's ward at Rikers Island jail by a factor of 10 as to date, 2021-05-19, ShareLove.Fund has provided over 220 digital files, some of which are PDFs counting as only 1 file. Every month, ShareLove.Fund delivers a new bundle gratuitously, ranging from bilingual yoga flow videos to yoga mats to meditations and stationary.

ShareLove.Fund has built lives for over 1,000 women and has provided teaching resources for yoga in classrooms to multiple Westchester, New York schools.



Our Achievements

- ✔ ShareLove.Fund is the #1 content provider to Rosie's, the women's ward at Rikers Island, by a factor of 10.
- ✔ We delivered 25 yoga mats to the New York City Department of Correction for the women at Rosie's to utilize.
- ✔ We delivered 3,000 artisan stationary cards and envelopes design donated to ShareLove.Fund by watercolor artist, Alissa Swedlow, to the New York City Department of Correction for the women at Rosie's to utilize.
- ✔ We delivered 3,000 U.S. Postal Forever Stamps to the New York City Department of Correction for the women at Rosie's to have the freedom of corresponding with ShareLove.Fund or their loved ones.
- ✔ We have provided all written materials to the incarcerated women we serve in both English and Spanish.
- ✔ We have provided limited materials to the incarcerated women we serve in French and Italian.
- ✔ We have provided 365 videos to incarcerated women and available for free to the general public in English and/or Spanish on the topics of fitness, mindfulness, and nutrition we hope to become fully bilingual in English and Spanish.

Melitta Ofori Community's Youngest Philanthropist

Melitta Ofori, daughter of Medjine Ofori, a local business owner, took it upon herself at the age of nine years old to contribute to ShareLove.Fund.

Melitta is an avid communicator of the ShareLove.Fund values, and through her passion for our organization, was able to collectively fundraise \$860—an extremely impressive feat for such a young girl!

Here at ShareLove.Fund, we celebrate women's empowerment and accomplishments at every stage of life. We are so honored and grateful that Melitta took the time to contribute to our initiative, and we are looking forward to her inevitably bright future and success as a strong young woman!



1. Economically disadvantaged people
2. Incarcerated people
3. Victims of crime and abuse
4. Unemployed people

ShareLove.Fund seeks to support pregnant teenager program participants in New York through a hands-on free Yoga Alliance approved teacher training program so that pregnant teenagers may graduate from high school with an accredited yoga teaching certificate and a job from either ShareLove.Fund or an affiliated yoga studio.

In addition, we also post prenatal and postnatal yoga information on our YouTube channel with the hope that pregnant teenagers can find us and know that they are not alone, we care, and it is OK to just take it one breath at a time. Finally, as part of our women's empowerment endeavor, we seek to end the blame game and shame imposed on pregnant girls when every teenage pregnancy is a direct result of a partner ("it takes two to tango") and more poignantly, it is most strongly correlated with family structure, education, socio-economics, and race.

The Washington Post published that Black and Hispanic women reported having increased trouble in obtaining contraception. The World Health Organization published that the leading cause of death of teenagers 15-19 years old globally is complications relating to pregnancy.

In short, we are all members of a global community, and we are all responsible for the current state of affairs. Our symbol is the lotus flower. The lotus flower is considered one of the most beautiful flowers and it grows out of the mud.

Teenagers, please remember that if you feel that you are in the mud right now, it is OK, you are teeming with life and just because you are in the mud today, does not mean that you cannot be a blooming flower tomorrow. They say, the further you fall, the higher you will fly.

Life is a journey, think positive, it will be ok.



Youth Empowerment: A Closer Look at ShareLove.Fund's Junior Teacher Training

Methodology:

ShareLove.Fund's yoga school's lineage is the Kripalu approach. The purpose of the practice is to build energy or prana (life force). Kripalu yoga's focus is inward with an emphasis on core, pelvis, and neck. The postures are practiced with breath retention, locks, and drishti (focusing the inner gaze on specific body parts affected by posture). Although our school is based on Kripalu's lineage, we have a client centered approach.

Program Requirements:

ShareLove.Fund teaches job skills through our comprehensive 200 hour Junior Teacher Training course.

SYLLABUS

All course hours are mandatory to receive a Yoga Alliance RYT 200 teacher certification.

Students are required to submit a 30 minute yoga and/or meditation teaching video suitable for our on-line outreach program participants. In addition, students are required to provide alignment photos of the 50 fundamental Kripalu poses of either themselves or a model that they properly aligned.

Techniques, Training & Practice

Asana: 50 Hours Pranayama: 20

Hours Meditation: 5 Hours

Elective

Chair Yoga: 8 Hours Children's

Chair Yoga for Limited Mobility: 7

Anatomy, Physiology & Biomechanics

Anatomy: 20 Hours

Physiology: 5 Hours

Biomechanics: 5 Hours

Professional Essentials

Teaching Methodology: 20 Hours

Professional Development: 5 Hours

Practicum (Practice Teaching): 25 Hours

Yoga Humanities

History: 5 Hours Philosophy: 20

Hours Ethics: 5 Hours



ShareLove.Fund provides daily free yoga, meditation, and prenatal resources to isolated pregnant teenagers on its YouTube channel that releases daily content, has over 100 subscribers, and hundreds of hours of view time.

ShareLove.Fund has empowered women of all ages through the principles and teachings of yoga ranging from a nine year old Girl Scout group to women going through divorces to senior citizens feeling isolated.

On June 12, 2021, ShareLove.Fund will host it's first inaugural graduation to graduate its first class of accredited yoga teachers.

ShareLove.Fund educates the public and teaches youth composition skills through publishing its daily blog, which is a product of its mentorship work/study program.

ShareLove.Fund amplifies voices of other female entrepreneurs through gratuitous social media campaigns.

ShareLove.Fund hosts five events per year successfully, which are: (1) International Women's Day, Virtual Event with honoree, (2) Founder's Day in April with board meeting, (3) Spring Break empowerment and certification retreat (4) Family Funday on Mother's Day, and (5) Graduation in June. Note, in the first year of inception, ShareLove.Fund cancelled the Spring Break retreat due to Covid and hosted a community

100% of donations go to programming as the board of directors pay for all administrative costs.





Programs



RYT 200 Certification Program for High School Leaders, Pregnant and At-Risk Teenagers, and Incarcerated Women



RYT 200 CORE CURRICULUM

| TECHNIQUES , TRAINING & PRACTICE | ANATOMY, PHYSIOLOGY & BIOMECHAN- | YOGA HUMANITIES | PROFESSIONA L ESSENTIALS |
|---|---|--|--|
|  |  |  |  |
| <p>Asana</p> <ul style="list-style-type: none"> Historical context Poses specific to RYS's lineage—must include sukhasana and savasana Complete sequencing (asana, pranayama, meditation) to achieve particular effect safely Shared anatomical and alignment principles plus contraindications <p>Pranayama & Subtle Body</p> <ul style="list-style-type: none"> Historical context Effects of pranayama on anatomy and subtle body Complete sequencing of pranayama safely, including alternatives and adaptations Ujjayi, Nadi Shodhana, Kapalabhati, among others Koshas, kleshas, chakras, nadis and prana vayus <p>Meditation</p> <ul style="list-style-type: none"> Key meditation terms Meditation methods by lineage Ability to practice school's chosen meditation practice Chanting, mantras, and mudras | <p>Anatomy</p> <p>Skeletal system, incl.:</p> <ul style="list-style-type: none"> Major bones Types of joints <ul style="list-style-type: none"> Major muscles involved in asana Types of muscle contractions <p>Physiology</p> <ul style="list-style-type: none"> Nervous system, incl. 'fight, flight, freeze' stress response, vagal theory, overall mind-body connection Cardiovascular/circulatory, endocrine, digestive systems as they relate to yoga practice Respiratory system, incl. muscles that affect breathing, involuntary vs voluntary breath, how air enters and leaves body <p>Biomechanics</p> <ul style="list-style-type: none"> Types of joint movements Joint stabilization Safe movement as it pertains to balancing, stretching, awareness, and physical limitations Contraindications, misalignments, adaptations | <p>History</p> <ul style="list-style-type: none"> Term 'yoga' School's lineage, style, and methodology Dates and key ideas such as the Vedas, Vedanta, Hatha, Colonial, Modern <p>Philosophy</p> <ul style="list-style-type: none"> Definition of yoga and key terms Relationship between asana, pranayama, meditation per school's approach Familiarity w/ major yogic texts (i.e., Yoga Sutras, Bhagavad Gita, Upanishads, Hatha Yoga Pradipika) Self-reflection on how philosophy relates to practice <p>Ethics</p> <ul style="list-style-type: none"> Awareness of Yoga Sutras or similar yogic ethical precepts Relationship to Yoga Alliance Ethical Commitment including Scope of Practice, Code of Conduct, and Equity Position Statement Comprehension of and responsibility to increase equity in yoga Accountability measures Self-reflection on how yoga ethics relate to practice and teaching | <p>Teaching Methodology</p> <ul style="list-style-type: none"> Sequencing Pace Environment Cueing (verbal, visual, physical) Class management <p>Professional Development</p> <ul style="list-style-type: none"> Yoga-related professional organizations, including the Yoga Alliance credentialing process Ethical Commitment, including Scope of Practice, Code of Conduct and Equity Position Statement Lifetime of learning and continuing education General professionalism, including timeliness, consistency, cleanliness Marketing and promotion Liability insurance, waivers, invoicing <p>Practicum (Practice Teaching)</p> <ul style="list-style-type: none"> Knowledge, skills, experience across 12 key competencies Mentorship component, incl. apprenticeship, feedback |
| <p>Plus Elective Hours (maximum of 15 classroom hours) Elective hours must fall under the above Core Curriculum categories</p> | | | |

https://www.yogaalliance.org/Portals/0/new%20standards/Core_Curriculum_Educational_Categories.pdf



Facts & Figures

10,000+

Youtube Subscribers

6,400

Number of Care Packages Delivered per year

365+

Number of Days a year we provide person to person JailMail corresspondence to Incarcerated Women

2,500+

Number of Bilingual Videos and Course Materials Distributed to Incarcerated Women

94

Number of Degrees Awarded

\$200

Cost to Give a Degree to a Student

200

Hours required to earn a yoga teaching degree accredited by Yoga Alliance.



- ✔ 100% Female Governess & Female Founded.
- ✔ 5/7 Board Members self identify not only as female, but also as a member of a minority ethnic group.
- ✔ 100% of Board Members are mothers themselves and are passionate to build lives for all women, especially pregnant at-risk women.



ShareLove.Fund is a 501(c)(3) tax exempt organization and your donation is tax deductible within the guidelines of the U.S. law, EIN: 85-4058802.

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MEET OUR TEAM

So much of our ambition and direction as an organization is thanks to our distinguished board. The dedication at the board level is unsurpassed, as evidenced by their personal and financial commitment: all administrative costs are underwritten by our board members so that 100% of your donation is used to build lives.



BOARD CHAIR

Ashley Share, Esq.,
Founder, CEO

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