



ShareLove.Fund's mission is to empower women, specifically at-risk youth, homeless/unemployed, or previously incarcerated, through the teachings and power of yoga. By immersing these women in an intense 200 hour course, we provide more than a teaching certificate and gainful employment, we are recalibrating these women to optimize their mind, body, and soul.

*02/26/2021*

**Topsy Turvy Yogi Mindful Minute – 2/26/21**

For our mindful minute this week we wrap up "heart month" with a focus on what we need to reconnect with --- community.

For the past year we all spent a lot of time fixing our broken hearts with what we lost.

Now that we come upon the anniversary of when the pandemic began, we must now shift our focus to those we left behind and need our help.

We begin that effort with ShareLove.Fund who has worked tirelessly to improve the lives of at-risk women/youth through the empowerment of yoga and mindfulness.

Enjoy a "mindful minute" by the lovely and talented founder Ashley Share:

<https://youtu.be/KIQHTEkzMT0> and visit the website at: <https://sharelove.fund>