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ShareLove.Fund Empowers High School Leaders & Incarcerated Women to be Certified Yoga Teachers

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About the School

ShareLove.Fund is a non-profit yoga school situated in Rye, New York. The outbreak of the Covid-19 pandemic has made situations tough for all of us. People are going through long-lasting sufferings and hard times. We see people struggling to make a decent livelihood. Furthermore, a significant rise in the number of women experiencing pain and suffering due to Covid-19 has also been witnessed.

Many women have been trapped in different types of domestic abuse scenarios. Even though they are struggling physically and mentally, they are afraid to let go due to lack of financial stability and the power to fight. In addition, women have been trying to make sure everything looks right and great even though it's not. A mother in a locality of New York has been living in a car for days in order to avoid staying in an abusive household. Her court case has also been delayed due to the pandemic.

Ashley Share, the founder of ShareLove.Fund, recognized all such sufferings of the women during the pandemic and lockdown situations. Therefore, she decided to form a yoga school in 2020. She realized that there is a need to serve the unemployed, incarcerated, and economically disadvantaged women in New York. She also wanted to help the women who have been the victims of abuse and crime.

Share decided to use yoga, the perfect blend of physical and mental activity, to help the women acquire mental peace and develop the ability to stand up for themselves. She wanted to give them all a purpose to live. Her own experience of attaining a yoga certification course inspired her to adopt the approach.

“I thought, ‘What has helped me? What has really empowered me as a woman? This yoga teaching degree really just made me feel more in control and helped me make better decisions. I have a skill, and I can give them a teaching credential and take them through this process of earning the credential, which is really empowering,” Share said.

The core aim of the yoga school is to empower young women and enabling them to earn a livelihood, develop self-esteem, and acquire a new skill set. Many women look for ways to gain financial support to make their own living in the difficult situation of the pandemic. The yoga school has been established to provide financial assistance to such people through yoga certification programs and classes. Ashley Share wants young women to become self-supporting members and be independent in a true sense in society.

Additionally, Share’s background of being an attorney and familiarity with the legal field has enabled her to extend a helping hand towards the women in custody. She has a good understanding of the entire system and is well aware of the process that women undergo while waiting for their trials. Furthermore, she knows the level of stress women have to go through before, after, and during each and every hearing.

Through ShareLove.Fund’s yoga school, Ashley organizes yoga and meditation classes to help the women deal with such stressful situations effectively. She has channelized all her efforts and energy to enable young women to stand on their own and lead a respectable life independently.

The founder, Ashley Share, understood that in order to ensure the overall wellness of women at ShareLove.Fund, she would have to adopt the Kripalu approach. Instead of focusing on just making them financially stable, it would help in enhancing their health and well-being too. The Kripalu

approach has been laid as the foundation of the yoga school. This approach focuses on healing and transforming the body, mind, and spirit of the students and teachers. It helps in building energy or life force (prana). The focus of Kripalu yoga is inward and emphasizes the overall transformation of the body.

Within a year of establishment, ShareLove.Fund has gained good recognition for all its services. The yoga school has even been awarded the Platinum Seal of Transparency by Guidestar for the year 2021. ShareLove.Fund has been featured in a number of media outlets such as Yahoo!, The Eden Magazine, Net News, Muck Rack, Palisadian Post, Topsy Turvey Yogi, Mamas Latinas, and more.

Physical and mental stress have a negative impact on the lives of young women in New York. To enhance the quality of life for women experiencing such stress and trauma, Ashley Share founded the platform of ShareLove.Fund. She aims to use the yoga training programs as an incredible tool to help every young woman earn a livelihood and build her leadership skills.

“Empowering youth and enhancing their mental and physical health outcomes through evidenced-based yoga teacher training is the main motto of ShareLove.Fund,” Ashley Share said.

The yoga training degree and support for job placement are mainly provided to women belonging to the age group of 14 - 24 years. Ashley Share has made an effort towards reducing recidivism by making the incarcerated women well-versed with the teachings and principles of yoga.



What are we providing, and how?

ShareLove.Fund provides Yoga Alliance teacher training certification programs, which include RYT 200, RYT 300 and RYT 500. The certification courses are offered throughout the year in New York. Ashley Share understands the fact that school breaks are a great time to empower young girls. In order to make the most of the school breaks, ShareLove.Fund offers its certification courses during that time at different retreat locations.

The certification courses are provided to the students “in-person” in New York and different retreat locations. Also, these courses are virtually offered on the online platform through Zoom. In addition, the yoga school has a dedicated YouTube channel where various informative and educational yoga videos are posted. In order to fund the operations of ShareLove.Fund, the yoga certification courses are sold to individuals who are not qualified for the fee waiver.

ShareLove.Fund also accepts tax-deductible donations and sells various merchandise such as daily use objects, clothes, accessories, stationery, and more for acquiring the required funds to deliver free education to the students.

All the yoga training programs of ShareLove.Fund focus on improving the mental and physical health of the students. A number of students of our yoga school have endured challenging circumstances in life since the outbreak of the pandemic. In search of a solution to ease their suffering, Ashley Share founded the platform.

“WE are a youth-focused Women’s Empowerment non-profit organization, creating the next generation of leaders through job certification courses rooted in the principles of yoga,” Ashley Share, the founder, said.

The founder of ShareLove.Fund has contributed significantly and delivered services to ensure 100% success of the programs. She is a certified yoga teacher with specializations in children’s yoga and prenatal yoga. Moreover, she has offered valuable services to the organization and helped more than 1,000 women build their lives and be independent.

The strong commitment and dedication of the other board members of ShareLove.Fund has made a positive impact on the lives of thousands of women in New York.

ShareLove.Fund provides a special prenatal teenager program, which is a free yoga teacher training program to help pregnant teenagers graduate from high school with a vocational degree. The program offers a yoga teaching certificate to teenagers and guarantees a job from ShareLove.Fund or an affiliated yoga studio.

In order to make pregnant teenagers know that they are not alone, ShareLove.Fund provides pre-natal and post-natal information on its YouTube channel. The daily meditation, yoga, and pre-natal resources are meant to motivate isolated pregnant teenagers to build a productive life.

“Our symbol is a lotus. The lotus flower is considered one of the most beautiful flowers, and it grows out of mud. So, teenagers, please remember that if you feel 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.” the founder said.

Weekly blogs published by ShareLove.Fund are an additional source to educate the youth and the public to improve their knowledge and skills. Through the various social media campaigns, the yoga school amplified the voices of the female entrepreneurs and made them heard by the public. ShareLove.Fund’s partnership and affiliation with numerous yoga schools, yoga instructors, and retreats have gone a long way in delivering essential support to young women.



Outcomes: Students' Perspective

Students of ShareLove.Fund's yoga school were surveyed, and more than 50% of the students reported that the yoga training programs have come as a ray of hope in their tough times. They said the programs helped them calm their stressful minds and showed them how to sail through much effortlessly.

Students expressed their gratitude towards the founder of ShareLove.Fund for helping them to come out of their suffering and traumatized situations.

"I was trapped in the fear cycle of blaming myself and blaming others. I was not even able to speak up about my trauma. The movements of yoga not only increased my flexibility but also enabled my thoughts, words, and pain to pour out. Practicing yoga helped me understand how I internalize my shame, which helped me overcome my stress and trauma."

- Young Student

Physical

Students of ShareLove.Fund reported that they experienced better physical well-being after practicing the yoga movements. They experienced a significant level of improvement in strength, flexibility, and energy levels.

“When I move, and I feel my body let go - I feel lighter and that my stress level is lower. My body has become more flexible than before.”

- Student

“The yoga movements increased the flexibility of my body and helped me bring out the pain that was hidden within for years.”

- Student

Mental

In terms of mental health, students reported maximum positive outcomes. Students who experienced a lot of mental pressure and trauma could get optimum relief through the yoga classes. Yoga helped them to stay calm and provided them with multiple therapeutic benefits.

“Yoga has helped me come out of my mental trauma and open up to the new opportunity that life brings in for me. I am ready to overcome my past and learn and grow through new experiences.”

- Student

“I have regained my peace of mind that was lost long back. I am now ready to sail smoothly on my journey of life.”

Emotional

Yoga made a positive impact on the emotional well-being of the students. In terms of emotional health and well-being, students reported being more calm, relaxed, and happy than before. In addition, they had gained the ability to effectively think and reflect on their past actions and respond appropriately instead of reacting.

“I got the support when I needed it the most. Yoga helped me to effectively gain control of my emotions and respond to situations better instead of sudden reactions.”

- Student

“Yoga has helped me to stay calm when there are huge storms in my life.”

- Student

Social

Information collected through the survey shows that yoga helped women in enhancing their relationship skills. Also, students reported development in their communication skills. They gained the ability to make more informed choices for themselves and others.

“Yoga has helped me to stay calm and listen to what my partner has to say.”

- Student

“I am now able to deal with the stressful situation in my family better and avoid arguments.”

- Student



Outcomes: Teachers' Perspective

When asked about the experience of training young students, the teachers shared their unique experiences. Teachers reported that the yoga teacher training certification courses not only empowered the students, but also provided them with an empowering experience.

"When you teach a class, everybody is silent, and you give the commands, you're in control in a calm way. I feel like that is so empowering."

- Ashley Share, Founder

Another teacher expressed that the ability to share one's own skill with others for the better was indeed soul-satisfying.

"I have a special skill, and the ability to make the most of it and use it to change the lives of young women is empowering. It is a soul-satisfying experience to teach yoga to young women and bring about a positive change in their lives."

- Teacher

One of the teachers expressed her experience about making a significant contribution to society.

"Being a yoga teacher and providing training to the students who need it the most at the moment makes me feel that I am doing something worth my time and efforts. I need to understand the importance of my role and work in reducing women's recidivism. I feel elated to have contributed towards bringing a positive change in the society."

- Coach

Another teacher shared about the responsibility of guiding the students for the good even when they are not willing to cooperate.

"We have a big role to play. We have to do much more than just teaching yoga. Ensuring the complete wellness of students and bringing about a change in their lives is what we focus on. A lot of students face difficulty in utilizing their skill sets and regulating their emotions. Moreover, they themselves close the doors of progress. We understand that they have gone through a lot and need time to adapt. We continuously support and encourage them to let go of all the negativity within and focus on the development of positive energy."

- Teacher

Outcomes: Parents' Perspective

Insights were gathered from the parents of the students who attended the yoga certification program at ShareLove.Fund's yoga school. Parents shared their views and experiences, and a majority of them reported that they could see positive outcomes.

One of the parents who took the yoga teacher training course along with her children shared:

"I was allowed to practice yoga along with my children. It gave me an opportunity to demonstrate a different side of me that my children had never seen before. On the mat, I am confident, strong, and deliberate in all my actions. It helped me become stronger in life. I was also able to send the message to my kids that it's important to act strong and confident in all they do."

- Mother

Another parent expressed the positive changes in her child.

"I have never seen my daughter so strong yet calm and composed. She has learned to carry her own burden instead of worrying about it. In the case of arguments in the house, she is able to control her emotions and stay unaffected."

- Parent

Another parent shared the gained ability of her child to fight tough situations.

"She no longer breaks down and acts helpless. Instead, she has learned to fight the tough situations in life, thereby finding an ideal solution for the problems."

- Parent

One parent of a student reflected on the development of self-management and self-awareness in a unique way.

"During an argument in the family, she was aware of her aggravated feelings and tried her best to regulate her choice of words. She is more aware of the choice she is making in life, and most of them are now well-informed. She is doing good at managing herself and handling different situations in life."

- Father

A parent shared the unique experience of witnessing her daughter grow mentally and emotionally.

“I am surprised by the growth and development of my daughter both mentally and emotionally. She seems to have developed maturity to handle stress in a productive manner and the ability to maintain her inner peace irrespective of what her external environment is.”

- Parent





Future Plans

ShareLove.Fund has achieved a lot beyond imagination in a single year of its establishment. The yoga school has provided gainful employment to a number of women in New York and helped change and build the lives of more than 1,000 young women. ShareLove.Fund's yoga approach aims at empowering women and developing the next-gen female leaders through the yoga teacher certification programs. What we know is that yoga courses are meant to provide much more than only employment opportunities and financial stability.

With the currently limited resources, ShareLove.Fund provides paid yoga classes in order to gain the required funds for its operations. The free program of the yoga school is meant for young women who are in need of a yoga degree to bring about a change in their lives. The change may not necessarily be financial, but it will be a change that makes their lives better in society and worth living.

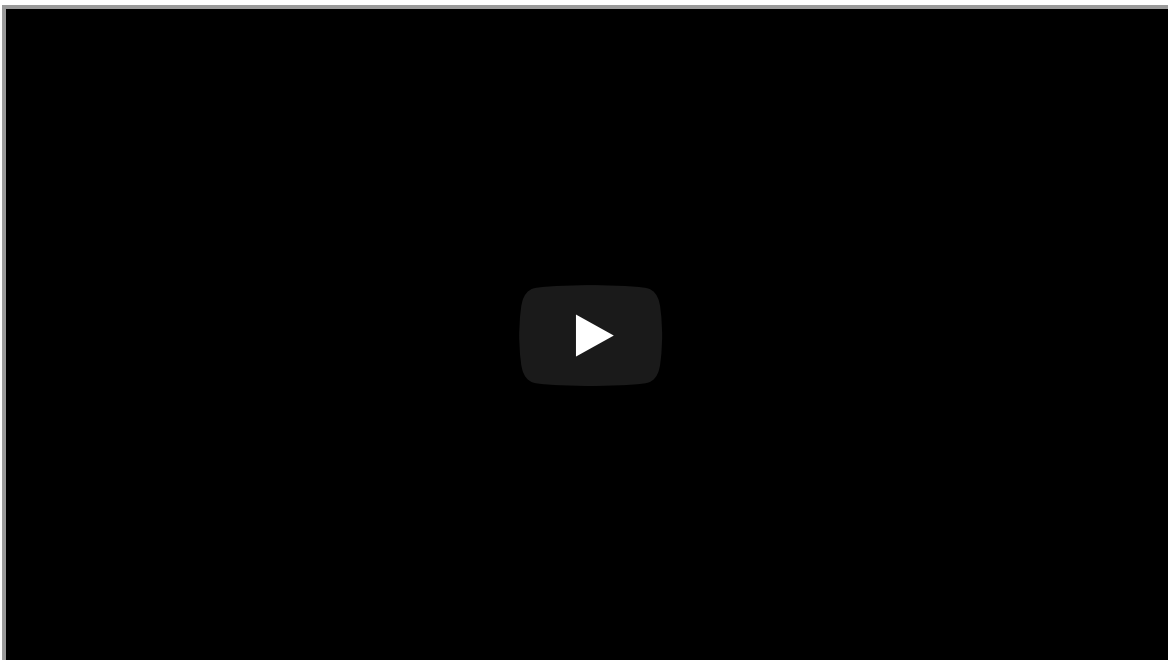
In the upcoming future, Ashley Share plans to continue her journey of empowering young women through social enterprise within society's capitalistic structure. In order to grow the resources of ShareLove.Fund and reach out to more women in New York; Share welcomes the donations of money as well as new items from people out of their free will. She is expecting more collaboration with merchandisers who will provide their goods as donations, and such donated merchandise will be branded with the logo of ShareLove.Fund.

Ashley Share has a dream of owning a yoga studio one day, and she is seeking funds for the studio location. The studio will be used for providing yoga training to young women in New York City.

Share's future plan for ShareLove.Fund is to keep expanding free yoga teacher training certification courses to more and more women and help them earn a good livelihood. In addition, she plans to help the youth take a lead role in the training programs and enhance their leadership and job skills. Through this, she aims to develop a new generation of female leaders in community and school groups.

Ashley Share's ShareLove.Fund lays a foundation for the growth, development, and empowerment of young women in the 21st century. By incorporating the yoga certification programs, Ashley assists women in retaining their self-identities and is focused on creating a path to spread well-being and positivity.

"We'd love to expand and be bi-coastal. I would love to see this grow to take women at whatever stage they're at and bring them up like ten more notches," Share said.



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