



My Story

Brett Mountain

Ashley Goldberg feels strongly about what yoga brings to her life. “What it teaches aligns so perfectly with what I believe about compassion, mindfulness, and kindness to yourself and to those around you. The simple virtues that create community,” Ashley said.

A former preschool teacher with a master’s degree in clinical psychology, Ashley always enjoyed working with young children, and began offering short yoga classes to her students. “It was a way to make a gentle mind-body connection, to help them ease anxiety, self-regulate and express themselves creatively. I realized what I was doing in those sessions was marrying both my passions in that one activity, and I wanted to do it all the time. From that thought came Born Yoga.”

A self-described big kid at heart, Ashley planned a yoga studio centered around programs for kids or for families to experience together, a kind of play space for all, including those with special needs. She spent about a year refining her ideas and her business plan before approaching Hebrew Free Loan’s *Marvin I. Danto Small Business Loan Program*. “They couldn’t have been nicer at HFL,” Ashley said. “The Board was interested in my ideas and in my success. It’s incredible what they offer our community. I’m so grateful, and now my dream is here. Born Yoga will open in September in Birmingham. HFL is supporting me through this journey, helping me to bring my passion to fruition. That’s a real-world example of kindness and community.”

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