

Ashley Mitchell Official Bio:

Ashley Mitchell (she/her) is a multi-passionate creator, wife, and toddler mom. She has become a powerful voice speaking out against racial inequality in wellness spaces, garnering a robust and diverse community of supporters, allies, and chosen family. Ashley currently works in several capacities, including teaching strength and yoga classes around the greater Boston area, consults in diversity, equity, and inclusion, and most proudly, runs The Courage Campaign, a non-profit co-founded with her husband Mark.

The Courage Campaign Mission:

The Courage Campaign is on a mission to revolutionize the student experience by using movement, journaling, and critical conversations to unlock self-limiting beliefs, enable agency, and accelerate the closure of the opportunity gap in education

Primary Logo



Secondary Logo











red
orange
green
yellow
blue
pink
purple
brown
black

B124
WELCOME!
K1

triangle
hexagon
square
Bb Cc Dd Ee Ff Gg Hh Ii Jj

Vv Ww Xx Yy Zz