

# HANIFA NAYO WASHINGTON

WWW.HANDSOFHANIFA.COM

WWW.ONEVILLAGEHEALING.ORG



MEDIA KIT

# HANIFA NAYO WASHINGTON

*Cultural Activist + Healing Artist + Poet + Songstress*

www.handsofhanifa.com | hanifaw@gmail.com | @thehandsofhanifa IG

## ABOUT HANIFA



Hanifa Nayo Washington is an award winning cultural activist, storyteller, singer songwriter, performing artist, healing artist, and a certified Usui/Holy Fire Reiki Master Practitioner who graduated from Beloit College in 2001 with a B.A. in Communications & Russian & Soviet Studies.

As a cultural activist Hanifa views her creativity as a radical tool for connection, liberation, healing, and community building. From an early age, Hanifa knew music was her calling. She found her voice at the age of 5 in her baptist church choir in her hometown of Detroit, Michigan. Picking up the guitar 20 years ago to accompany her poetry she has been on a journey of spirit, healing, and soul connecting ever since.

Hanifa is an awardee of the 2018 Phenomenal Women in the Arts from the Arts Council of Greater New Haven. She is Principal Organizer & Co-Founding Practitioner of One Village Healing and Co-Founder & Cultivator of Beloved Community at Fireside Project - founders of the Psychedelic Peer Support Line.



### ABOUT MANTRAS FOR THE REVOLUTION (M4TR)

**Runtime 90 minutes | 1 Vocalist, 1 acoustic guitar | Percussion & Harmonium Occasionally | Suitable all for audience sizes**

Hanifa is answering her calling as an artist and a soul teacher by offering her songs alongside her masterful, heart-centered facilitation of authentic relating exercises and guided meditations.

During the experience participants are guided and taught 7 original mantras, 1 for each core chakra. Everyone is invited to sing together- journeying up the chakra system from the root to the crown- in connection for individual and collective release and healing.

Hanifa offers this soulful, connective, kirtan-style, collective practice as medicine in this time of revolution that is both- within us and around us.

### LISTEN ON



(icons clickable in pdf)

### M4TR APPEARANCES

- 2017- Harmonizer Festival- New Haven, CT
- 2018- Lotta Studio Winter Concert Series- New Haven, CT
- 2018- Harmonizer Festival- New Haven, CT
- 2018- Unifier Festival- Halifax, MA
- 2019- Breathing Room Yoga & Wellness Center- New Haven, CT  
(4 Shows: March 23, June 8, September 7, December 7)

### ARTICLES

<https://www.newhavenarts.org/arts-paper/articles/articles/2017/11/23/sweet-release>