

POSITIVENERGYWORKS, LLC™

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NEWS RELEASE: For Immediate Release. Contact Rashida Thomas, 202-667-2577

HOW CAN A NATION OF CHEST BREATHERS MASTER LIFE AND THE STRESS OF RACISM?

“The answer is “relearn how to breathe” -- the simple solution, that doesn’t cost anything, is available 24/7 right under our noses, that can easily impact, change and manage life, health, daily stress, and the stress and trauma of structural racism”, states Ayo Handy-Kendi, the Breath Sekou, Certified Breathologist (CB), founder of Optimum Life Breathology™, CEO, PositivEnergyWorks, LLC. She is bringing this message and her signature training to 13 cities offering Breathshops, Breath and Sound Healing Concerts and Optimum Life Breathology™ Certifications, in “The 2016 Power of the Breath Tour 5”. The tour premieres on Malcolm X’s birthday weekend on Sat, May 21 at Black and Nobel Bookstore, 1409 W. Erie Avenue, Philadelphia Pa, from 5- 7 pm and on Sun, May 22 at The Afrikan Village, in the Reformation Building, 1368 Fulton St., Brooklyn N.Y from 12 Noon – 3 p.m. Sekou Ayo will Certify Optimum Life Breathologists at The Haven in Philly, May 28-29 and in N.Y, City, June 18-19. Other tour stops include Washington, D.C.; Capitol Heights, Md.; Irvington, New Jersey; Richmond VA.; Houston, Texas; Chicago, Illinois; Asheville, N.C; Baltimore, Md., Los Angeles, CA.; Montreal Canada; and Port Elizabeth, South Africa.

Sekou Ayo has certified 75 Breathologists in 5 states, sharing 40+ years of breath experience before millions on radio, notably Steve Harvey’s Morning Show, on t.v., in print, on stage, on Skype, in private practice, in her three breath books, DVD’s and relaxation CDs to breathe with, composed with her husband John Davies 3, a CB and Sound Healer who will provide live music on the tour.

In writing her “Power of the Breath” Book, she researched the Rush University Medical Center in Chicago, 2005 study which linked discrimination and racism as the physical toll on Black and Brown People, who live disproportionately much sicker lives, and die sooner than Whites. She analyzed that the common denominator of marginalized people, is that they are holding their “breath” in fear, distrust and trauma, which restricts their life-force, oxygen, which creates the stress response that creates a whole host of biological physical and emotional health challenges. A 2008 Reuters Health study further validated, that the current impact of structural racism on mortality, found that such stressful behavior was just as harmful for the health of *both black and white* participants.

States Sekou Ayo, “In today’s over the top, stress-filled world, with an estimated 9 out of 10 people breathing shallow and inefficient, we can master the Breath to master life, using an Ancient healing tool to manage modern day stress. The 2016 Power of the Breath Tour 5 will demonstrate Breathology’s natural relaxation, self-care method that offers “minute to minute Yoga™” with calming and revitalizing breath techniques, stress busters, and clarity on the relationship of the stress response to the hostile environment of racism. Come out to a Breathshop, Breath and Sound Concert or Optimum Life Breathology Certification so that with every deep breath we take, we CAN share in the transformation of the planet. Join the “Breath Movement” by contacting www.PositivEnergyWorks.com or call 202-667-2577 for details.###.

SHORT BIO, SEKOU AYO HANDY-KENDI

Ayo Handy-Kendi, aka as “Mama Ayo” reknown as “The Breath Sekou” is a master teacher with over 40+ years Breath experience and is the founder of Optimum Life Breathology™, Transcendence Breathwork, and since 2004, is the CEO PositivEnergyWorks, LLC. She is one of a few African Americans certified in transformative breathwork (CTF, 1996) and has further certifications as a Certified Breathologist (CB), Certified Laughter Yoga Teacher and Leader (CLYT, CLYL), Master Reiki 3, QiGong I, II, RaSekhi II,. She has extensively studied and practiced Mindfulness Meditation, Senior Yoga Movement, Stress Management, Aroma therapy, Oxygen and Nutritional therapy, EFT and Jin Shin Tara/

She is the Author of “*The Power of the Breath*” Book, ‘*Why the Breath Has So Much Power*’, and the up-coming “*Applied Breathology*”; is a DVD Producer of “*Relaxation Moments*” and the DVD, “*Applied Breathology*”. She has certified over 75 Breathologists in over 5 states. She has “breathed” with millions on radio, t.v, in print, stage and in private practice. Notable appearances include: The Steve Harvey Morning Show, Roland Martin News One, Retirement T.V., Verizon’s Internet Profiles, WUSA-TV, WTTG- Fox 5, WRC/News Channel 8, The Washington Post, and NewYork Times. She’s appeared at the Global Inspiration Conference (GIC) in the Canary Islands; Liberia West Africa, International Teacher’s Conf.; Benin West Africa, Roots & Gospel Festival invited by Benin President Keriku; Queen Afua’s City of Wellness; Blacks in Government; and some 500 or more healing and cultural presentations.

She holds an AA in Counseling and a B.A. in Community Organizing, as well as attributes “breath techniques” as the practice that helped her spiritually over-come childhood sexual abuse, addiction, homelessness, domestic violence, and murder of her teen-age son. She is a noted Storyteller, Speaker and the former Host/Producer, of “*The Sage-ing Baby Boomers Show*” on Inner Light Radio. She is the Founder of Black Love Day, Feb 13th, The Ritual of Reconciliation and founder/director, The African American Holiday Association (AAHA).

She is now performing sound healing with her musician/composer husband John Davies 3 and they have co-produced 3 relaxation, C.D.’s using African and natural instruments in their innovative, non-rhythmic, “tune-up music”™ style. Further, the couple have co-produced over 7 DVD’s and CD’s that provide cultural enrichment and empowerment. Together they demonstrate how relaxed, good health enables them to cope as “Sagers” with 4 adult sons, 15 grandchildren, 4 great-grandchildren, a 91 year young Mom and enjoy a vibrant, engaged life.

For life-changing Breathology and Transformative Relaxation practices by Appointment, Skype, Internet or Phone: SEE OUR SERVICES MENU AT:

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