

PositivEnergyWorks™ is a health and wellness service specializing in Breathology and Transformative Relaxation Practices, Life-Coaching, Wholistic presentations, events and products for Spirit, Mind and Body. Incorporated in 2005, by Doctah Ayo Handy Kendi, CEO of positivEnergyWorks,LLC this service has affected the lives of billions.

Renown as “a Breath Sekou – a master teacher” she has studied “the breath since 1970” and currently serves as a Breathologist/Stress Manager, Inspirational Speaker/Life Coach. She founded Optimum Life Breathology in 2004 and is a Certified Breathologist (CB); She is also certified as a Transformational Breath Facilitator (CTBF), Stress Manager (CSM), Senior Yoga Movement Instructor (CSYMI), Laughter Yoga Teacher (CLYT) and Leader (CLYL), Master Reiki III, RaSeiki I, II, III, Qi Gong I, II and many certifications as a Diversity Trainer. She has also studied Aroma Therapy, EFT, Sound Healing, and Jin Shin Tara.

She further demonstrates over 40 years of experience as a vegetarian/vegan, community organizer, social service and mental health counselor. She has a BA in Community Organizing and AA in Human Services/Counseling. She is also spiritually degreed in using breath techniques to overcome child sexual abuse, domestic violence, addiction and the violent deaths of her teenage son and oldest brother.

She is the Author of “The Power of the Breath Book”, “PositivEnergy – Motivational Messages”, “The Black Love Book”, “Motivational Messages from a Sister in the Struggle” and two plays - “A Day of Withdrawal” and “A Struggle for Dignity – a play on human rights” She is currently is working on “ Alternatives for Sage-ing Baby Boomers” and several children’s books.

She is the Producer/co-producer of several DVD’s “Applied Breathology”, “Relaxation Moments”; “Loretta Carter Haines-D.C. Emancipation Day Story” “How a Family Celebrates Kwanzaa”; “Kwanzaa – the Beginnings” and “A Home-coming”

She is co-producer/musician with her Husband John Davies 3 on several CD's, "Songs for African-Centered Cultural Holidays"; "Circle Dance", "Earth Song- 2 CD Set"; and "Sea Breeze", all part of their "tune-up, relaxation series.

She further serves as Founder/Dir., African American Holiday Association (AAHA), a non-profit organization that uses holidays, celebrations and rituals for social change, healing, cultural community empowerment, and Youth Entrepreneurship for crime/violence prevention.

In 1993, she founded Black Love Day – Feb. 13<sup>th</sup> and The Ritual of Reconciliation, which has gone international.

As a Communicator, she is Executive Producer/Host of "The Sage-ing Baby Boomer Show" on Inner Light Radio

She is an avid Storyteller, Cultural Re-enactor /Clown and Inspirational Speaker

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