



# SAHFFI

MUSIC MEDICINE TO  
ILLUMINATE OUR CONNECTION

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## **SAHFFI LYNNE (THEY/SHE), CURRICULUM VITAE**

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### **PRESIDENT OF ILLUMINATE YOUR CONNECTION, 2000 - PRESENT**

- Independently managing all aspects of my full-time music career, including but not limited to management, accounting, production, album releases, grant writing, marketing and promotion, event planning, booking, hiring musicians, songwriting, private teaching, teaching artistry and performance.
- Full-time since 2010.

### **SONGWRITER, 1996 - PRESENT**

- Wrote original songs for and co-produced six independently released albums:
  - "...and i am not sorry." 2003
  - "Turning Tides" 2008
  - "Expectations" 2011
  - "Expectations Revisited" 2012
  - "Entropic Moments" 2016
  - "Pulse of Evolution" 2021
- Licensing Deal signed with BlackSoul Music (Croatia) for "So Beautiful" in 2009, co-written by N'Dinga Gaba. (Song used for make-up commercial in Croatia)
- Licensing Deal signed with Foliage Records (Germany) for "Summer Breeze" in 2010, co-written by N'Dinga Gaba. "Summer Breeze" was a #1 hit in Botswana in 2010. \*A recent 2023 remix hit #12 in Botswana and South Africa and boasts 2 million+ streams on Spotify.
- Licensing Deal signed with Foliage Records for "Live 4 Now" with t3N (pronounced "ten") in 2011. Song debuted as a #1 download on Traxsource.com.
- Collaborative Songwriter with House Music Producers such as Patrick Khuzwayo (Soul Candi Records, Zimbabwe), Rony Breaker (Germany), Tisetso (South Africa), Salvatore Agrosi (Italy), N'Dinga Gaba (C.A.R.), 2009- present.

### **PERFORMING & RECORDING ARTIST, 1985 - PRESENT**

- Performs solo, with her sister as a duo, and with a full band, 1995-present.
- Highlights of Recent Performances include:
  - Multiple Weekly and Monthly online Zoom performances and live-streams during the shut down and beyond, 2020-present
  - El Festival de Musica Medicina, Pisac, Peru, 2016 (solo) and 2018 with her medicine music band "OverGlow"
  - DROM and Silvana, NYC, 2014

- World Café Life at The Queen in Wilmington in 2014
- Artscape performances, 2010 - 2015
- Performance with t3N at Nikki Beach for The World Music Festival in Miami, Florida, 2010
- CenterStage for March Cabaret, 2011
- Opening act for national acts Rusted Root, Carbon Leaf, Preach Freedom, Maia Sharp and Matthew Santos, 2010 - 2013
- Appearances on Balcony TV NYC and Steel Stacks LIVE! TV in 2012
- Member of the international house/world music band “t3N” (pronounced “ten”), 2010 - 2015. (The group had a #1 download on Traxsource in 2011.)
- Member of “The Greek Nubian Collective,” a band that brings traditional music from Greece and Nuba into the 21<sup>st</sup> Century, performing djembe, percussion instruments, guitar and vocal harmonies, 2013 - 2017.
- Member of collaborative duo goatFISH, performing djembe, percussion instruments, French horn, guitar and vocals, 2011 - 2018.
- Member of collaborative duo “Mother Ruckus” with International Slam Poet Champion Gayle Danley, 2010-2012.
- Backup Vocalist and Acoustic Guitarist for original bands in Baltimore/DC region including Fatso Skinny, N’Dinga Gaba, Mosno Al-Moseeki, Chuck The MADD OX, Angela Taylor, Joe Spatarella, Ken Gutberlet, Sabira, 2004 - present.
- Studio Musician (voice, guitar, French horn), 2008 - present. Studio work includes Grant Audio, Global Diplomacy, Mike Grove (UK), Vincent Ragney (UK), Mosno Al-Moseeki, David Ross, Woody Lissuaer, Janice B., Ken Gutberlet, Craig Cummings, Georgie Jessup, Ella’s Umbrella, John Hancock, Angela Taylor, John Seay, and many more.
- Substitute lead vocalist for Telesma, 2015 - 2017.
- Performer for Children, 1998 - 2020
  - Perform 45-minute sing-a-long workshops for children ages 2 - 5 in festival, library, private and daycare settings, 2009 - present.
  - Children’s Workshops presented at Artcape 2010 & 2011.
- Performer at hospitals, 2017-present.
  - Performances booked through TAFFY Presents, including Mt. Washington Children’s Hospital, Sinai Hospital, and Kennedy Krieger
- Performer for Memory Care and Assisted Living locations, 2011 - present.
- Offers “Music Medicine” for meditations, yoga centers, Spiritual Centers, and healing ceremonies, 2011 - present.
- Offered music therapy for developmentally disabled adults on Long Island, NY, 1995-1997.
- French horn performance, 1985 - 2020
  - Graduate of the Peabody Conservatory in French horn performance.
  - Performed with the DC Chamber Orchestra, 2014.
  - Performed with the Greenspring Valley Orchestra, 2013.
  - Performed with the Salisbury Symphony Orchestra, the Salisbury University Woodwind Quintet and the Charm City Brass Quintet from 1993 - 2000.
  - Performed and arranged horn trio for Trixie Little’s Christmas Show at the Creative Alliance in December, 2009 - 2013.
  - Other brass quintet, studio & holiday gigs, 1993-2015.

## **MUSIC/VOICE/GUITAR/FRENCH HORN TEACHER & TEACHING ARTIST, 1996 – PRESENT**

- Private voice lessons through my in-person and online studio, “Vocalize Your Soul,” 2008 – present.
- Creator and Teacher of the “Vocal Ladder Method,” an original step-by-step teaching method on how to use your body as an instrument to sing with freedom and authenticity. 2014 – present.
- “Vocal Ladder” Workshops offered for the Creative Alliance, Eastern Unity Regional Conference, Maryland Citizens for the Arts, GenOUT Choir of DC, from my own studio, and more, 2018 – present.
- Creator of the “Songs with Sahffi” YouTube Channel which features music classes for toddlers, 2020.
- Elementary and Middle School Music Classes offered at the Baltimore School for Independent Learners, 2017 – 2022
- Teaching Artist for Dance & Bmore, 2017- present. (<http://danceandbmore.com>)
- Teaching Artist for TAFFY Presents, 2017 – 2019 (<http://www.taffypresents.org>)
- Teaching Artist for Kid Pan Alley, 2015 – 2019 (<http://www.kidpanalley.org>)
- Music Educator for Watson Hall Montessori School, Pre-K-3rd grade, 2014 – 2020
- Music Educator at Little Rockers Early Education Center, 2019-2020
- Teaching artist for Concepts by Cash, 2014 – 2019, including summer camp music programs for Baltimore City’s “SuperKids Camp” and after-school choirs at Bernard Harris Elementary and Cross Country Elementary in Baltimore City
- Substitute Teaching Artist for Naptown Sings & Plays in Annapolis, Jan. – March, 2019
- Teaching artist for the Bright StARTs program, Baltimore City, 2011 – 2013  
Includes after-school choirs, Head Start instruction and Pratt Library workshops.
- Summer choir instructor for Baltimore City’s Summer Reading Camp through the Bright StARTS program, 2011 – 2013
- Private music classes for homeschooled children ages 10-12, general music and songwriting, 2014/15.
- Guitar Basics class offered at The Living Well in Baltimore, 2014 and at Patterson Park Public Charter School, 2015/16.
- Adjunct Faculty, Guitar Teacher, CCBC, 2011 – 2013.
- Taught general music and choir for The Salisbury School for grades K – 8, 1994-1995.
- Songwriting Workshop developed & presented for the Baltimore Songwriters Association, 2013.
- Collaborative Songwriting Workshop developed & presented for Free Fall Baltimore with Music 4 More, 2012.
- Adjunct Faculty French horn Instructor at Salisbury University from 1996-1998.
- Guitar and Voice Teacher for Thumbtack, 2014 – 2015.
- Guitar and Voice Teacher for John Robert Powers in Baltimore, 2010 – 2011.
- Guitar and Voice Teacher for Take Lessons and Musika, 2011 – 2012.
- Guitar Teacher for Baltimore Talent Education (“B-Tech”), 2011 – 2012.
- Coached elementary school brass students at Patterson Park Public Charter School, 2010 – 2012.
- Substitute teacher for The Baltimore City School System, 2009/2010.
- Coached brass students in the Greater Salisbury Youth Symphony Orchestra, 1996-1998.

## AWARDS & GRANTS

- Winner of two “Posi” Awards for the video of “Let the Healing Begin,” a single from Sahffi’s album, “Pulse of Evolution,” 2023.
- Baker Artist Award Nominee, 2022.
- Recipient of a Professional Development Grant from MSAC in 2021.
- Recipient of Emergency Artist Grants in 2020 from the MUSICARES FOUNDATION, MUSICIANS FOUNDATION, MARYLAND STATE ARTS COUNCIL, BALTIMORE COUNTY ARTS & SCIENCES COMMISSION, AND CONTEMPORARY ARTS INC.
- Recipient of a 2015 Individual Artist Award for Non-Classical Solo Performance given by The Maryland State Arts Council.
- Recipient of a “Best of 2015” Award given by Thumbtack for teaching studio for earning stellar reviews from students.
- Nominated for a Baltimore Crown Award, 2015.
- Recipient of a 2010 Creative Baltimore Fund Individual Artist Award given by the Mayor, Baltimore Office of Promotion and the Arts and MSAC.

## MISCELLANEOUS

- Hosted, organized, and ran the first “Illuminate Your Connection” Retreat to Asheville, NC, in July, 2022.
- From 2020-2022, hosted online performances, group sing-alongs and open mics, and New Moon Meditations via Zoom and Facebook livestreams.
- Led and organized the Baltimore #Song4Unity Project in 2015/16, a project to unite the community through uniting musicians from different genres. Over 45 musicians donated their time and talent to write and record “Let’s Make it Happen,” and over \$500 was raised for #SaveADopeBoy, a non-profit designed to help young men get their GED and viable work to help them get out of gangs. (WWW.SONG4UNITY.BANDCAMP.COM)
- Co-hosted the Kunkawaki Yoga & Music Retreat to Pisac, Peru, in 2017 and 2018.
- Member of the Baltimore Songwriter’s Association, 2001 – 2019.
- Member of ASCAP, 2008 – present.
- Member of The Recording Academy, 2013 – present.
- Board Member of Butterfly Beautiful Corporation, 2014.
- Baltimore Songwriter’s Association Board of Directors member and Secretary from 2002 – 2005.
- NasJota Records artist, 2009-2011.

## EDUCATION

PEABODY CONSERVATORY OF MUSIC

Bachelor of Music, French horn performance, 1993

*Studied with David Bakkegard, Principal Horn of the Baltimore Symphony Orchestra*

SUNY AT STONY BROOK

Graduate work in French horn performance, 1994

*Studied with Bill Purvis, horn teacher at Julliard*

CONTINUING VOCAL STUDIES

With voice teachers Pete Strobel, Dr. John Van Cura, and Ron Browning.