



SAHFFI

MUSIC MEDICINE TO
ILLUMINATE OUR CONNECTION

sahffi@sahffi.com | www.sahffi.com | @sahffi

SAHFFI LYNNE (THEY/SHE), CURRICULUM VITAE

410.963.2199 | SAHFFI@SAHFFI.COM | WWW.SAHFFI.COM

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, monthly email newsletters, event planning, booking, hiring musicians, songwriting, 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 21st 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, LoveSong Festival (NC), from my own studio, and more, 2018 – present.
- Creator of the “[Songs with Sahffi](#)” YouTube Channel which features music classes for toddlers, 2020.
- Weekly Classes for Pre-K Students at St. David’s Day School, Nov. 2024 – present.
- Elementary and Middle School Music Classes offered at the Baltimore School for Independent Learners, 2017 – 2022
- Teaching Artist for Amp UP and Dance & Bmore, 2017- present.
- 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 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.