



EZINA

Author
Musician. Healer.
Intuitive Thought Leader

Ezina's Philosophy

Body, mind, spirit and rhythm are the keystones of Ezina's philosophy for living a happy, healthy and holy life.





ABOUT EZINA

Ezina is an author, musician, yogi, filmmaker, and a philanthropic humanitarian. Her music can be described as a mashup of Donna DeLory, Pink and Lenny Kravitz with the flow of Erykah Badu.

Her unique style is a fusion of rock music with different music genres including soulful beats, funk, and sacred chants. She uses her poems and music to convey empowering and inspirational messages to her audience. Her inspiration comes from the many Sacred texts that she has studied as well as music from her late great uncle, Bobby Womack.

With a string of much loved R&B/Soul albums including This Love (1989), Tempted (1998) and Power of A Woman (2004) Surrender (2006) and Goddess (2009) Ezina traveled the Globe entertaining audiences with her vocal prowess and electrifying performances.

During a visit to India, Ezina discovered neurolinguistic programming and the hypnotic effects created by music. Driven and energized, Ezina began studying divine and sacred texts from different religions and while on her journey was introduced to Kundalini Yoga as taught by Yogi Bhanjan.

Her deep dive into Buddhism, the ways of her native Choctaw and Cherokee ancestors, Christian, Hindu, Judaism, Kabbalah, Muslim, Sikh, Sufism, Santeria and Wicca revealed to her the commonalities among all the major religions, chief among them being the use of allegories and parables to teach students the importance of peace, kindness, and unconditional love. Through this study she came to admire all religions, and is comfortable praying and worshipping in any House of God. As she deepened her Sadhana practice, her music began to shift and Ezina dedicated her life to singing inspirational lyrics infused with sacred mantras.

Ezina's latest release Awakening is a 10 song collection of inspirational R&B, Reggae and funk enveloped with hooky melodies, infectious grooves and sacred mantras.

MISSION

"My mission is to use music as a way to inspire and bring people together and to use the tools of yoga to help others to thrive. By creating songs built upon positive messages, rooted in sacred mantras and enveloped in infectious grooves, my hope is that the music will become a positive soundtrack in peoples lives."

Press & Features

LIFESTYLE



DOUBLY GOOD

Young Leadership Division (YLD) kicked off its Couples' Outing at The Brucy Provisions in July and holds monthly events for couples 25 to 45. August's event, "What's Love Got To Do With It," featured a live performance by The Brucy Provisions and a catered kosher five-course dinner. A High Holiday Cooking Class happens September 9. An annual calendar is at JewishOrangeCounty.com. YLD offers a variety of support programs for young professionals in a department of Jewish Federation & Family Services. Call (949) 435-3454 or visit YLD.org for additional information.

TOP LEFT: Celia and Ruben Solis
TOP RIGHT: Mia and Ariel Paz
MIDDLE LEFT: Michael Brodie and Rachel Connam
MIDDLE RIGHT: Ezra and Dax Hoff
BOTTOM RIGHT: Tamarina Bernard and Nick Dini

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LIFESTYLE



PARTY WITH A PURPOSE

YLD'S IGNITE RAISES MORE THAN \$10,000

Federation's Young Leadership Division's Ignite event was a smashing success attracting more than 275 young professionals. Guests were entertained by The Solar Brothers, a comedy duo of twin brothers, and Moshe Band. Ignite was a party with a purpose to help raise money from young adults to support the annual campaign of Jewish Federation & Family Services. The largest event of its kind to date for YLD Orange County, Ignite raised more than \$10,000 through a silent auction. The winner of a brand-new 2013 Infiniti was also chosen at Ignite. In another first, YLD organized a community-wide car drawing to raise additional funds to support JFFS. The Ignite planning committee was chaired by Ezra LeBlanc Hoff and included Use Greenberg, Amy Gubman, Michelle Uberman, Livi Karszenbaum, Ofer Barlev, Bryan Popper, Tali Gali, Nae Yacobi, Benita Hollenberg and Jamie Klein.

For more information about Young Leadership Division and upcoming events visit www.yldoc.org, email YLD@jffs.org or contact Jackie Menter at (949) 435-3484.

TOP LEFT: Nir and Leat Modiano

TOP RIGHT: Josh and Natalie Waldman

MIDDLE RIGHT: Karen and John Aaron Leshert

BOTTOM RIGHT: Ezra LeBlanc Hoff and Use Greenberg

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Today's Black Woman

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THE ANN ARBOR NEWS

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TimeOut New York

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THE FLINT JOURNAL

ESSENCE

Guitar Goddess

GoGirlsMusic.com
cuz chicks rock!
Promoting Women in Music

TimeOut Chicago

abc

CBS

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Chicago Tribune

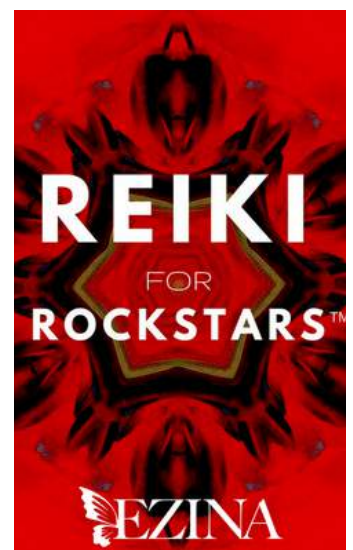
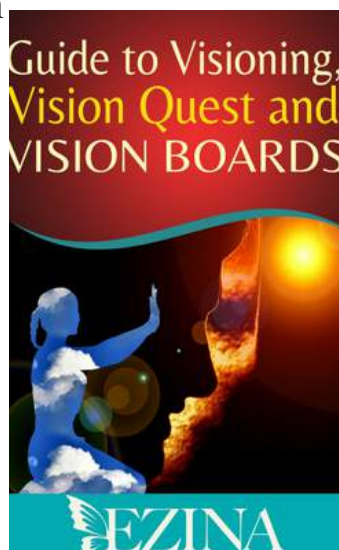
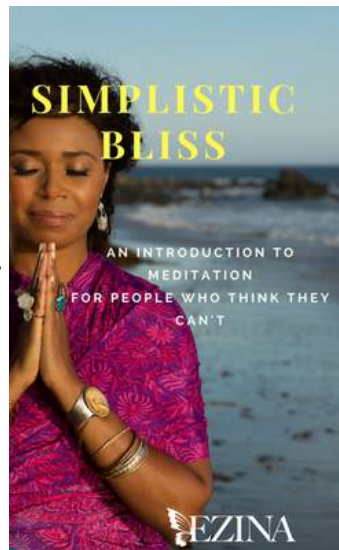
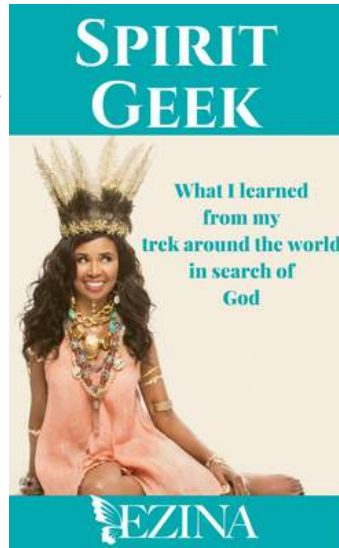
Books

Ezina has been writing books since grade school with her first book of poetry being published while she was still in high school.

An avid reader, Ezina loves how a book can entertain, transform or educate.

While working as a touring musician she was frequently asked the same questions from fans after her concerts. In an effort to serve her spiritual and music communities Ezina felt it was important to document her wins, losses and lessons to help others.

Her grandpa used to tell her "when I die, I want to be all used up. I want to have given so much of my heart, talents and wisdom that there is none left to give when I take my last breath." Ezina vowed to follow her grandpa's lead.



Music

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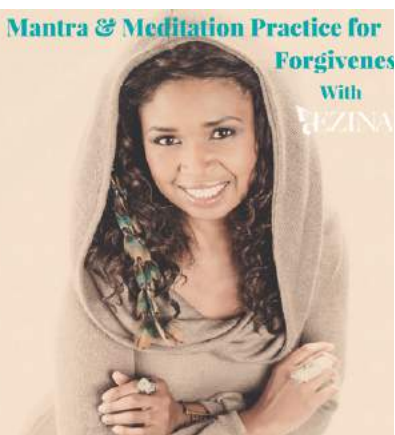
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Mantra & Meditation

Ezina is a certified Kundalini yoga and meditation teacher, a Reiki Master and a Ayurvedic Consultant. She is also trained in the Emotional Freedom Technique, Time Line Therapy, Kabbalah and Transcendental Meditation.

Ezina combines these modalities in her speeches, music and guided meditation Albums.



Speaking & Workshops

Workshop Facilitator

Ezina leads workshops related to Meditation, Motivation and Mastery. Her workshops focus on arming attendees with tools and resources to increase productivity and sales. Ezina combines mindfulness with movement to get the audience to embody what they are learning. Participants leave with a renewed sense of enthusiasm for their positions and skills for managing stress and living a more balanced life.

What does a former Miss Black USA know about succeeding in fast changing environments? A lot. Whether it's changing careers, navigating a volatile business or political landscape, mastering an ever changing online landscape, she knows first hand, you must adapt or perish.

Ezina is a frequent motivational speaker for keynotes, workshops and seminars in the US. Her multi-hyphenate career has gifted her a unique set of skills that relate powerfully to the audiences she addresses.

Whether a small intimate team or an audience of thousands, Ezina inspires and motivates each listener, equipping them with a new sense of empowerment and practical tools to help them live the life of their dreams.

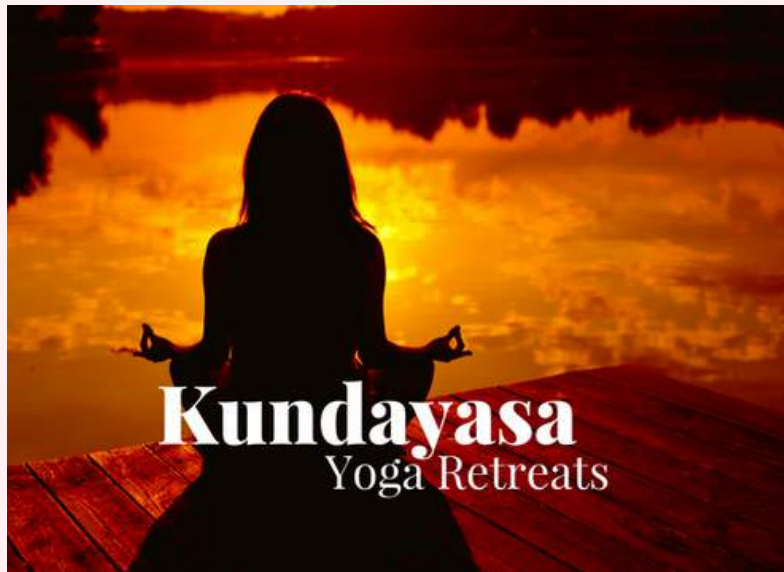
Ezina is often asked to share concepts from her popular book, "Grow Your Star", which is full of tools and strategies for achieving personal and professional dreams, navigating difficult people and situations, working with or being a mentor, and enduring through the tough times of being unrecognized, unrewarded and underpaid.

Ezina works closely with each organization to understand their unique goals and tailors her content to their needs. Every group is unique so while Ezina's core messages are consistent, the framework and structure is uniquely designed for each group she addresses.

Popular topics include:

Grow Your Star
The Power of Purpose
Happiness is the New Skinny
Meditation, Motivation & Mastery
You, Inc. Building Your Personal Brand
3 Keys To An Abundant Life

Events



Each year Ezina produces the Guitar Goddess Awards, The Guitar Goddess Tour, The Songstress Awards, The Kundayasa Yoga Festival, Supernova Event, The Indie Artist Bootcamp, and Private Yoga retreats, as well as her own music concert tour.



For More Information



LIFE IS NOT A
DRESS REHEARSAL.
LIVE YOUR DREAMS
NOW.

Ezina.com



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