



BIO OF AYO HANDY-KENDI, the Breath Sekou, Founder, Black Love Day, Feb. 13th

Ayo Handy-Kendi, is "The Breath Sekou", a master teacher of 50+ years of breath study and training as a Certified Breathologist, Transformational Facilitator, Laughter Yoga Teacher, Reiki Master, Ra Sekhi, QiCong II, Diversity Trainer, Workshop Facilitator, Sound Healer and B.A. degreed Counselor/Community Organizer.. She is further reknown as the founder of Black Love Day, Feb. 13 and The Ritual of Reconciliation, co-created in 1993.

Today, she serves as the 2004, Founder/CEO of *PositivEnergyWorks*, a wellness service for Breathology stress/trauma management, connecting culture with health for People of Color (POC's) and Founder of The African American Holiday Association (AAHA), since 1989, a non-profit, that stewards, "Black Love Day (BLD) and perpetuates and preserves culture through traditional and non-traditional holidays, celebrations and rituals, providing education, social justice and healing services, globally.

BLD is the 4th commemorative African American holiday offering a day of celebration, atonement, forgiveness and reconciliation, in a 24 hour demonstration showing 5 specific tenets (loving acts): Love for the Creator, for Self, for the Black Family, the Community and so-called Black Race. So-called Whites show "love in action" through service, atonement and inspect their own racial behavior and attitudes. It is a day for pro-peace, racial and diversity healing, to heal all relationships, serving as a more cultural, spiritual alternative to the commercial Valentine's Day.

She personally credits transformative breath techniques for helping her overcome such adversities as the violent death of her son, homelessness, domestic violence, addictions, chronic depression along with healing the memory of childhood sexual abuse and emotional trauma frozen in her subconscious.

From these journeys, she has championed the belief that we heal only when we feel and that the key to healing the divides of race, inequality and cultural relationship disrespect and separation, is to breathe to feel to heal affecting the release of repressed stress, race-based/personal trauma and unconscious biases, held in the cellular memory. Breathology unlocks limited beliefs, stuck emotions, pain, anger, fear and stress.

Sekou Ayo has evolved these experiences into certifying over 200 persons in Optimum Life Breathology (O.L.B.). her solution-based training system of applied, daily breath techniques and transformative practices, including her signature trainings, “Relearn How to Breathe”, “Transcendence Breathwork”, “Breath Circles to Heal the Divides”

She feels blessed to she have “breathed” with billions on radio, t.v, in print, via Internet; on stage, in private practice and with organizations, colleges and corporate opportunities. Notable media appearance include Steve Harvey’s Morning Show, Roland Martin’s News Hour, ABC, CBS, NBC and WJLA, Fox News; Washington, Post, and recently featured virtually on the International Breathwork Foundation (IBF) World Breathing Day, The Shift Networks’ 4th Breath Summits and the Breathing Festival.

Filled with love for her community and humanity, she still shares love with her big family. A grandmother of 20 and great-grandmother of 9 she is also supporting a Liberian adopted son ‘s vision for a trauma release, healing orphanage in his country. All while fostering a Black Love movement along with a worldwide, “breath movement” to breathe better to live better” tm .

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30 Years of *Black Love Day* “Black Love Heals 365”
Demonstrate 5 Tenets (Or Loving Acts) For 24 Hours, Then Practice 365
2nd Black Love Virtual Summit and the **29th Black Love Day Relationship Ceremony**
Saturday • 11 February – Monday • 13 February 2023 • 12pm – 9pm (EST)
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