

Tiffany Sparrow Bio: Full

With pure tones and soulful lyrics, Tiffany Sparrow offers her music to others in many forms, all as an honest reflection of her experiences navigating the ups and downs of humanness. In concert settings, she weaves ambient folksy-roots original songs with cover tunes and world music. Soundbath journeys combine guided meditation with sound frequency to promote deep rest and relaxation. Kirtan group chanting communal singing events accessing the devotional yoga of sound. Tiffany is also an accredited music therapist (BMT, MTA), specializing in medical settings, neurology, and palliative care, using music and nontraditional vocal expression to rehabilitate emotional and physical trauma, speech and movement.

A multi-instrumentalist and vocalist, Tiffany Sparrow has performed across Canada and internationally on multiple occasions. Her music has been featured live on CTV morning and she is sought out to offer performance-presentations and lectures at conferences. She has performed and toured with several well-known kirtan artists such as Dave Stringer, Jai Uttal, Karnamrita Dasi, and Shimshai. She is set to release a double EP of original songs in spring 2020, adding to her other recordings featuring world music, mantra, and kirtan.

Tiffany completed her music therapy training at Wilfrid Laurier. She also has her Master of Arts in ethnomusicology (MA) through the University of Alberta, and her thesis research focused on the health implications of group chanting (kirtan). She has presented at several conferences, worked on research teams and has taught a music therapy elective course for four terms at the University of Alberta through St. Stephen's College. She is a skilled yogi and has taught and studied yoga and mantra in Canada and in India since 2004 and obtained her 500-hour certificate through Akhanda Yoga and Yogrishi Vishvketu and has co-facilitated dozens of yoga teacher trainings.

Having traveled extensively, Tiffany Sparrow brings her experience with global music for wellbeing to her performances and therapeutic work. She is passionate about the potential of music for our health and seeks to uplift and inspire through intentional sound. Music infused with awareness and grace can have tremendous power to remind us of who we are.