

## **Tiffany Sparrow Bio: kirtan, soundbath, meditation, yoga**

With pure tones and soulful lyrics, Tiffany Sparrow offers her music to others in many forms, all as an honest reflection of and way to navigate the ups and downs of humanness. In soundbath journeys she combines guided meditation with sound frequency to promote release, deep rest and relaxation. In kirtan group chanting, a communal singing event, she accesses the devotional yoga of sound, promoting emotional expression, movement and collective prayer.

Tiffany Sparrow is a multi-instrumentalist and vocalist and has performed and toured with several well-known kirtan artists such as Dave Stringer, Jai Uttal, Karnamrita Dasi, and Shimshai. She has appeared at festivals ranging from the Bali Spirit Fest, Wanderlust, and Bhakti Fest. Tiffany is a skilled yogi and has taught and studied postural 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. Two of her four recordings, Soundevotion and Sharanam, feature world music, mantra, and kirtan.

Tiffany is an accredited music therapist (MTA), and uses music and vocalization to assist with rehabilitation from emotional and physical trauma. 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). 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.