

**ALINA QUU** (Talladen) - Artist, Singing Alchemist & Poet, Food Sovereignty & Arts Worker (Soul & Soil Project), modern yogi, Permaculture Practitioner, Natural Health Mentor & Chef, Social Entrepreneur, Community Cultivator, Visionary, Outreach Coordinator, Nature Lover, Catalyst.

A home-made 'sacred activist', songwriter and 'decolonized self-care' coach, Alina is devoted to nourishing our relationship with the earth and our most vibrant selves. She delights in bridging her passions for the earth, health and the arts, in everything she does, because "it's all connected, just like we are all connected."

Volunteering with the Lower 9th Ward Community Center while living in New Orleans, she also converted her Treme shotgun house into a weekly "TeaHouse SpeakEasy", where she served donation-based herbal teas and organic meals, and hosted creative activities like dream catcher-making, storytelling and painting. This little room became a sanctuary for conscious conversations and nourishment that many would otherwise not have shared.

In 2012, Alina joined a crew of passionate individuals on a journey through Colombia, Ecuador and Peru to create a documentary (currently in post-production) portraying the spread of consumer culture, and featuring the inspiring community efforts to address the consequences of destructive, tradition-shaking consumerism.

Although always playing music for fun, she got into performing by moving to Western North Carolina, where she joined a gypsy jazz and bossa nova band, The Gypsy Swingers. She has been a performing musician with this band for over 6 years now, as well as launching her solo artist project **Mama Mockingbird**, where she weaves the fabrics of folk, soul, reggae, jazz, blues and hip-hop into lyrically uplifting melodies. Her inspiration is to use her music as a bridge and platform for community-growing and well-being.



She co-founded **Soul & Soil Project** ([www.soulandsoilproject.org](http://www.soulandsoilproject.org)): empowering community with permaculture and the creative arts. Through this hands-on educational project, their team, with volunteers and students, grow regenerative gardens, facilitate skill-shares, mentor kids (and each other!) and weave in the creative arts - unique expression - all under the encouragement that "Everybody has something to bring to the table". SSP is currently working with some residents at a section-8 housing complex to grow a permaculture food forest in an abandoned orchard, and doing weekly summer camp with kids who live there. They are also designing educational gardens for a local school, and will be launching in-school field trips and learning programs this year. Additionally, they weave in community self-care days, potlucks and collaborations, and offer sustainable landscaping services to help fund their projects. Alina will be

launching the Global Unity Film Club this year as well, to "heal through stories of the ancestors". Soul & Soil Project is committed to "grow resiliency and happiness".

**<< empower and heal. know thyself. love your mother earth. we are all related.**

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