

## Biography for Anyangō Yaa Asantewaa-Battles



Sistah Anyangō is the founder and CEO of FLYY Fitness, LLC...Freedom to Love the You in You! She is a Dancer, Fitness Professional, Visiting Lecturer and Wholistic Counselor, Freedom Coach, and Workshop Facilitator. It is her goal to offer “Whole Self”, “Soul-Blowing” experiences! These experiences include: A Cardio Dance Party/Zumba®, BodyLove Strength and Conditioning as well as Soulful Core & Stretch! Sistah Anyangō is an experienced instructor with over forty years in various dance mediums. As a university visiting lecturer, she developed the “Afrikan Dance & Folklore; An Experience of Movement & Music of the Diaspora” course offering. As a workshop engager, she has developed the following topics; “Mindfulness through Movement & Music”, “The Hell of Brokenness Through Fire” and “How Can We Love Ourselves to Peace from Broken Pieces and Live in Soul Happiness”. She holds a Master of Arts degree in Afrikan American Studies; is a Phase 2 trainee at Hartford Family Institute and holds her City of Hartford Family Development Credential. Sistah Anyangō is certified to teach Zumba® Basics I, Zumba® Basics II, Zumba®Gold, ZumbAtomic® and Zumba® Toning®. She is also certified in CPR/AED/First Aid. As a soul inspired entrepreneur, mother of four and catalyst for change; passion, purpose, prosperity, peace, and soul-happiness are her guide posts to flying and soaring.