

Shikamu

ELECTRONIC WORLD MUSIC



On Stage

Shikamu - Djing her own music, performing vocals, playing percussion, dancing, leading audience in call and response rhythmic chant

Concert/Audience Participation: 45 minutes

Performances and Presentations (Partial List)

Power to the Peaceful, SF, CA
Burning Man, Black Rock City, NV
Mystic Garden Party, Corning, CA
Sond Healing Conference, Oakland, CA
Conf. for Science and Non-Duality, N. CA
Ecstatic Dance, Oakland, CA
Festival of World Music, LA, CA
Staten Island Institute of the Arts, NY, NY
New Langton Arts, SF, CA
DeYoung Museum, SF, CA
St. Joseph's School, Arusha, Tanzania

Rancho La Puerta, Mexico
Yogninimage, Geneva, Switzerland
Goddess Temple, Glastonbury, England
Starfish Dance & Yoga, W. Concord, MA
Heaven Meets Earth Studio, Evanston, IL
Metamorphosis Studio, Cedar Rapids, IA
Dancing the Soul, Denver, CO
TaoSatva, Taos, NM
Studio Lotus, Sedona, AZ





Presentation/Workshop

Title: Empower Your Voice with Chant & Dance For Personal and Global Healing

Duration: 120-180 mins

Technical: Projector, HDMI Cable, Screen, Headset Mic (Supplied), Music System

Description:

Musician, Dancer and Healer, Shikamu (Lis Addison) presents an audio visual talk on the physics and metaphysics of sound and the way song and dance can be used as sacred tools for connecting to the realms of nature and spirit to provide healing and guidance.

She will then take you on a call and response journey of sound and movement medicine including chanting, toning, singing, dancing, shaking and improvising and will teach you how to enhance the vibrations you create with your voice for use in sound healing. She will lead you in choreography, improvisation and rhythmic play to connect with others in new ways and inspire you to listen to the voices of nature and your own innate wisdom.

For decades, Shikamu has participated in tribal healing song and dance circles in the US, Africa and on Indigenous lands in the Americas. She travels extensively, convening her own healing dance-song circles in Europe and the US.

Outcomes:

- move stuck energy and release old trauma
- connect to the realms of nature, spirit and the ancestors for guidance
- empower your voice and improve self worth
- develop social cohesion with others in the group
- voice your vision and sacred work

Quotes: *"It was freeing and empowering to be in a space where I was encouraged to express fully with my voice and every part of my body. The depth of emotional release I was able to experience was life changing."* Steven C.

"All the work we did had me in such a state of openness, tears ran down my face as I worked through blockages and stagnant energy." T. Al-Khudhairi



Biography

Shikamu¹ (Lis Addison) is an award winning and internationally recognized composer, vocalist, keyboardist and electronic musician. Her sound blends tribal voices, contemporary beats and cinematic soundscapes infused with a trancey yet joyful mysticism and she does all her own production. Addison specializes in creating music designed to inspire, empower and support healing for the individual and the natural world. Her music can be heard on conventional and internet radio and in dance, yoga and sacred centers from Alaska to Zimbabwe. She is also a dancer and is fascinated by the power of music and dance to transform and heal. When not recording, she travels throughout the world participating in and convening dance and song healing ceremonies in Africa, Europe, and the US with her signature practice, Kinetic Voice. Her upcoming album, commissioned by a dance Technique, contains vocals she recorded in Africa. Lis teaches at the Sound Healing Institute in San Francisco and online to students throughout the world. She is planning a trip to Morocco to experience the music and dance of the female healers in the countryside.

Reviews

"The Album is beautiful and induces a state of relaxation." Yoga Journal

"You've got to experience this talented artist for yourself . . . a balm for the soul and a breath of fresh air." Dana Wright, Music Reviews

"Addison uses her brilliantly multi-tracked vocals like an instrument, one that is so versatile in its timbre that it can sound like anything from a horn or an electric guitar to African tribal chant." Raj Manoharan, Rajman Reviews

¹ Shikamu is the title I was given in Tanzania. It means "Elder."



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MYSTIC WORLD ELECTRONIC MUSIC



Website: <http://www.lisaddison.com>

Website: <http://www.kivokineticvoice.com>

Facebook: <https://www.facebook.com/LisAddison/>

Apple iTunes: <https://apple.co/1OdQByk>

Bandcamp: <https://lisaddison.bandcamp.com/music>

SoundCloud: <https://soundcloud.com/lis-addison> - 2+ Million plays

Music Video: <https://youtu.be/QWZOzyuaKws>

Article: <https://bit.ly/2N1mkWX> **Also on Spotify, SiriusXM, Pandora**

TECHNICAL REQUIREMENTS

A. Mixing Board with ins for:

1. Headset mic (supplied)
2. Computer (supplied)
3. Keyboard (supplied-local shows only)
4. Live percussion, tamboura

B. Mic for Live percussion

C. PA

D. Two Stage Monitors, House Speakers, Table or stand for laptop

F. Screen/Backdrop for projected images

G. Table for Projector

Tech Ryder - Shikamu

