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FOR IMMEDIATE RELEASE

EXHALE: A JOURNEY THROUGH MUSIC AND WELLBEING WITH HARPIST ANGELICA HAIRSTON

AFRICAN AMERICAN HARPIST ANGELICA HAIRSTON PRESENTS AN EVENING OF MUSIC AND HEALING

Presented in partnership with South Fulton Arts and its CREATE partner

-- HI-RES IMAGES [HERE](#) --

(ATLANTA, Ga.) AUGUST 13, 2024 — Join us at Anchor Church (formerly GA Ave Church, 645 Grant Street SE, Atlanta, GA. 30312) for *Exhale*, an evening of meditation and music featuring world-renowned harpist Angelica Hairston and other esteemed guests from the Atlanta wellness community TBD. The evening highlights the power of sound, breath, and community featuring music from renowned African American harpist Angelica Hairston. This transformative event will celebrate diverse artistry and empowerment with a focus on wellbeing.

Angelica Hairston is an Atlanta-based harpist, educator, activist, and sound practitioner who embodies the spirit of "Exhale." With her mastery of the harp, interactive audience engagement, and her dedication to amplifying the voices of the African Diaspora, Angelica's performances demonstrate how music can facilitate healing and liberation. Angelica holds Certification in Music Therapy and Sound Healing, and has shared music-based wellness performances in partnership with Carnegie Hall, the Brooklyn Museum, Lululemon, the High Museum, and the University of Ghana, Accra.

Merging concert and wellness event, *Exhale* will blend serene meditation and breathwork with live harp music, offering an immersive experience of community and collective breath. The evening will feature powerful readings from BIPOC authors, composers, and activists, fostering transformational self-reflection. Through a combination of music and introspection, participants will be guided towards rest and self-discovery, leaving with renewed sense of purpose and connection.

"As an activist and change-maker, I witness daily how the harp is a force for deep renewal," says Angelica Hairston. "Its soulful melodies cut through chaos, bringing calm and clarity while easing stress. Music has always been central to the work of social change and *Exhale* invites participants to take part in this powerful tradition of music as a force for change and renewal in our world."

EVENT DETAILS

Harp Concert presented by Angelica Hairston

Sat, Nov 23 | 6:00 pm

**The Anchor Church (formerly GA Ave Church)
645 Grant Street SE. Atlanta, GA. 30312**

About South Fulton Arts

Serving the community for 20 years, [South Fulton Arts](#) (formerly South Fulton Institute) generates and fosters strategic partnerships to increase access to high-quality, free arts programming for South Fulton County and Metro Atlanta residents and communities. Through successful partnerships — such as with artists, teaching artists, schools and other nonprofits — South Fulton Arts (SFA) collaborates, connects, and provides seed funding to bring artist-inspired projects to life. South Fulton County includes the communities of South Atlanta, Chattahoochee Hills, College Park, City of South Fulton, East Point, Fairburn, Hapeville, Palmetto, and Union City.

In addition to its programming, SFA produces the monthly podcast, “Spark,” and its bi-annual magazine, Arts United. Last year SFA partnered with 90 artists and organizations to bring 220 engagements to more than 19,000 audience members across 18 venues. SFA is funded in part by: Fulton County Arts and Culture; National Endowment for the Arts; City of Atlanta; Community Foundation of Greater Atlanta; Georgia Council for the Arts; Publix Super Markets Charities; The Zeist Foundation; The Atlanta Foundation, Waffle House Foundation and GreyStone Power Foundation. For information visit [SouthFultonInstitute.org](#) or follow on [Facebook](#), [Instagram](#) and [YouTube](#).

About Angelica Hairston

Harpist Angelica Hairston is emerging as a leader in health and wellness space through collaborations with yoga, rest, and wellness influencers like Chelsea Jackson Roberts of Peloton, Octavia Raheem of Devoted to Rest™, and Tricia Hersey of the Nap Ministry. She has performed with renowned orchestras, including the Atlanta Symphony Orchestra and the Nashville Symphony Orchestra, and presented at prestigious institutions such as Morehouse and Spelman Colleges and NPR's From the Top. Her accolades include the Georgia Governor's Awards for the Arts & Humanities and Atlanta Magazine's Women Making a Mark Award. As the founder of Challenge the Stats, she empowers artists of color and uses music for social justice.

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