

# *Unwinding with Tynia*



**For Immediate Release: March 31, 2021**

Anchor Podcast (Social Media & Newswire): Tynia Canada, Inspirational speaker, Healthy Relationship Strategist, Certified Grief Specialist, Mental Health Counselor, Recording Artist, and Founder of Inspirational Spirit of the Phoenix, Inc. will interview her first guest on her podcast airing Monday, April 5, 2021.

Unwinding with Tynia is for individuals that have an interest in personal development, film, music, healthy eating, veganism, justice, women's issues, miscarriage, domestic violence, child custody, farm to table lifestyle, environment & sustainability, discussions on differences, healthy relationships, and mental health awareness. Those who desire to gain a wealth of information, while living a happier, healthy, calmer life through mindfulness meditations.

Canada has been featured in *Essence Magazine*, *Sister 2 Sister Magazine*, *the Washington Post*, *the Baltimore Sun*, and other publications. As for her educational accomplishments, Canada earned her dual undergraduate degree in music education and communications from Adelphi University and a master's degree in clinical and counseling psychology from Capella University.

Special Guest-J. Preston Bates, actor, director and writer. His work includes four Broadway shows, creating the role of Floyd Barton opposite Viola Davis in August Wilson's *Seven Guitars*. Featured recurring roles on HBO's *OZ*, *All My Children*, *NY Undercover* and *Law and Order*.

Canada is also a sought after transformational speaker and spiritual guide leading workshops and classes throughout the United States to facilitate healing, growth and spiritual development. For singing and speaking engagement request, you may contact Tynia Canada at 443-741-2449 or email [chickysings@gmail.com](mailto:chickysings@gmail.com)