SHORT FESTIVAL BIO

Engaged in holistic healing arts for over 2 decades, this singer songwriter is intuitive and soulful. Her enchanting, dynamic voice, compellingly conscious lyrics, free spirit, and ecstatic improvisations will captivate your heart and en-lighten your soul.

SHORT BIO 2

Theda Phoenix, recording artist with 4 Cd’s, born in the BC Rockies and raised by the ocean has an authentic, enchanting sound. Her angelic and powerfully dynamic voice, coupled with provocative lyrics conveys a deep love for life on this planet, the natural elements and human connection. A free spirit, Theda loves to compose spontaneously as well as write songs reminiscent of Joni Mitchell. Discover the soulful depths of a Divine Muse. Thedaphoenix.com

SOUND HEALING BIO

Theda Phoenix takes Sound Healing to a whole new level. Her celestial voice, shamanic sound and inspirational songs will guide you through a transformative journey deep within Spirit. Her childhood in the wilds of Echo Bay inspired a deep connection with nature, which informs her music and ‘in-the-moment’ songs, awakening the freedom and magic of the human spirit. Aligning her angelic voice with the pure tones of crystal singing bowls, she leads Sound Healing sessions and offers experiential workshops.

Theda Phoenix’s five albums include ‘Legacy’, her singer/songwriter debut, and music for meditation and yoga.  She has shared the stage with holistic practitioners such as Drs. Deepak Chopra and Christiane Northrup, who, like her, embrace the unity of mind/body health.  Find her music on Spotify and YouTube..

LONG BIO

Theda Phoenix is a songwriter and intuitive singer, whose intimate and authentic performances reveal a passion for creating a love-centered life, concern for the conscious evolution of humanity and preserving our beautiful earth. Her recordings are diverse, ranging from the ethereal and meditative sounds of crystal bowls with harp and drums, to the eco-folk, inspirational songs she performs with her guitar.   
  
Born to artistic, hippie, back-to-the-land parents, Theda spent her first two years in the mountains of eastern British Columbia, before moving to the seaside town of White Rock.  Her father, a movie buff with a passion and gift for astrology, predicted his baby girl would possess a flare for the stage, so named her after Theda Bara, the famous silent movie actress from the 1920’s. He also gave her the name Phoenix, the mythical bird that rose from ashes and symbolic of the Scorpio energy of transformation, death and rebirth. 

Around age 10 she moved with her mother, artist and author Yvonne Maximchuk and younger brother to Echo Bay, a small, island community in the Broughton Archipelago on the West Coast of British Columbia. Living on a float house with no electricity and only boat transport gave her a close experience of the natural world, playing outdoors and spending time on the water with orca and humpback whales, dolphins, seals and eagles. Without the typical urban distractions she was able to attune to the rhythms of coastal life, witnessing the cycles of big tides with the full moon and the yearly return of the salmon to the rivers. This experience imbued her with a recognition of the innate spiritual intelligence flowing through this planet and all of life. It has inspired her spontaneous singing style, a celebration of this essential creative life force.  
  
As a young adult Theda was strongly called to a path of healing and began exploring different modalities including Aromatherapy, Reiki, Massage, Hawaiian Huna, Yoga, Counselling and Coaching, Hypnotherapy, as well as a variety of personal development. She worked as a wellness consultant in vitamin stores and in Vancouver Spas practicing holistic bodywork.

Eventually she discovered that her lifelong calling to sing would be one of her most powerful healing gifts.  As well as writing songs she discovered her love of singing intuitively, channeling from the heart, creating songs on the spot and creating and performing music spontaneously in the moment, singing along to the music of the Crystal Singing Bowls, Guitar, Drum or Harp.  She is passionate about living life from a place of creative, spontaneous, self- expression.    
  
In addition to hosting regular Sound Bath Meditation experiences and workshops, Theda performs at music festivals, and conferences, that have included the Ottawa Folk Festival and Sound Healing Conference, the InGoop Health Summit, Arts Wells, and regularly at the Centers for Spiritual Living.  She has opened events with authors and speakers, Dr. Deepak Chopra, Dr. Joe Dispenza, Dr. Christiane Northrup, Oriah Mountain Dreamer and Caroline Myss. She has performed with Kirtan artists Shimshai, Wade Imre Morrisette, at the Queen Elizabeth Theatre with Artist Will Blunderfield﻿ and regularly performs with throat singer Matthew Kocel.  
  
Theda trained in Classical Voice and has a Diploma from Vancouver Community College School of Music. She has studied songwriting and performance with international recording artist Julie Blue, teacher Pat Pattison from the Berklee College of Music and she has trained in Soundwork with Gary Diggins in Toronto.

Her song “Light in you” off her album “Legacy” is featured as the credit soundtrack of the acclaimed documentary film “Take Back Your Power, 2013 and was also a top 10 regional finalist in CBC Radio’s 2014 Searchlight Contest.

Of Theda’s four musical releases, her newest, Legacy, is the first to have been composed in a traditional sense. Previous albums, feature creatively improvised, flowing songs and music have found worldwide listenership. Her album of ambient electronica,  Suspended,

showcases luscious vocals and dreamy lyrics.  Spiritually-inspired, Remergence is a hauntingly meditative and healing journey.  Crystal Calm, a relaxation CD, offers tranquil crystal singing-bowl sounds with breathy and ethereal vocals.

Theda’s music is available on the music page of her website, youtube and most streaming sites.    
  
Theda currently resides in Vancouver, BC .