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A Coach
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Glimpse
of her voice

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SERENA

AFRO-MECHANICS

Serena Spears is a fusion dancer, performer, teacher, and choreographer from Brooklyn, NY. With three decades of dance experience and a diverse background, Serena focuses on creating seamlessly integrated and moving fusion that inspires people around the world.

-Join Serena for this body mechanics class to build the knowledge and coordination required to express the immense diversity of Afro-based movement. Find your individual safe range of motion and learn drills to train clear muscular control in your body isolations.

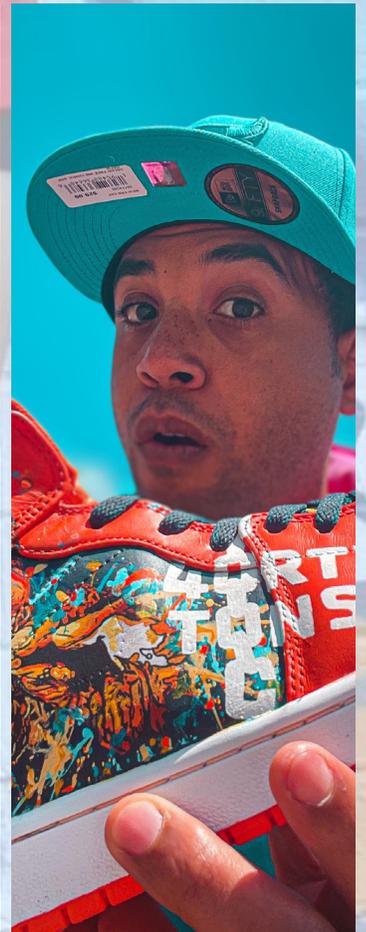
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Glimpse In Her Voice

RACHAEL GREEN

Rachael Green is an up-and-coming, multi-talented singer/songwriter based in central Pennsylvania.

Green's music combines elements of electronic, trip-hop, jazz/soul, indie, rock and more. Her command over these music styles takes her audience on a journey through each of her songs, with a voice that has been described as smooth, soulful, sultry, rich, playful and angelic.

Green is also a producer and has written and produced the instrumentals for many of her songs. She released her debut EP, *Private Island*, in June 2020. Since then, she has released three popular singles -- her latest hit being "Infinite Energy."

She has been working on new music and said she hopes to release a full-length album in 2022.

The lead singer of three different bands that perform frequently throughout Pennsylvania, she collaborates with multiple artists for live performances and has been a featured artist on many studio recordings.

What Inspired Your Art?





“Music has always been a part of my soul. When I listen to music, it connects me to truth, and the feeling is ineffable. Music gives me an outlet of self-expression that’s so genuine because when I sing, I can share parts of my soul with a safe vulnerability. Ever since I was a kid, my



biggest dream in life was to be a singer, and now that I'm making that dream come true, I get to create music that inspires me. My music taste is eclectic and versatile, which has allowed me to gain inspiration from many different artists and genres.

I'm particularly drawn to experimental electronic bass music, so I've made it a point to create that sound in many of my originals. I like to



explore different styles and sounds with my music, so you can never expect my music to fit into one box or one genre. Lyrics are extremely important and personal to me. The inspiration for my lyrics comes from real-life experiences and situations that deeply impacted me. I try to write out my feelings in a way that's poetic and

symbolic, while also rhythmic, and that's how my lyrics are born. I find myself constantly inspired by things I see in my daily life, emotions, people, and it's a gift to be able to share that inspiration through music.



How to Follow Rachael Green

Green's music is on Spotify, Apple Music, Pandora, YouTube and all major streaming services.

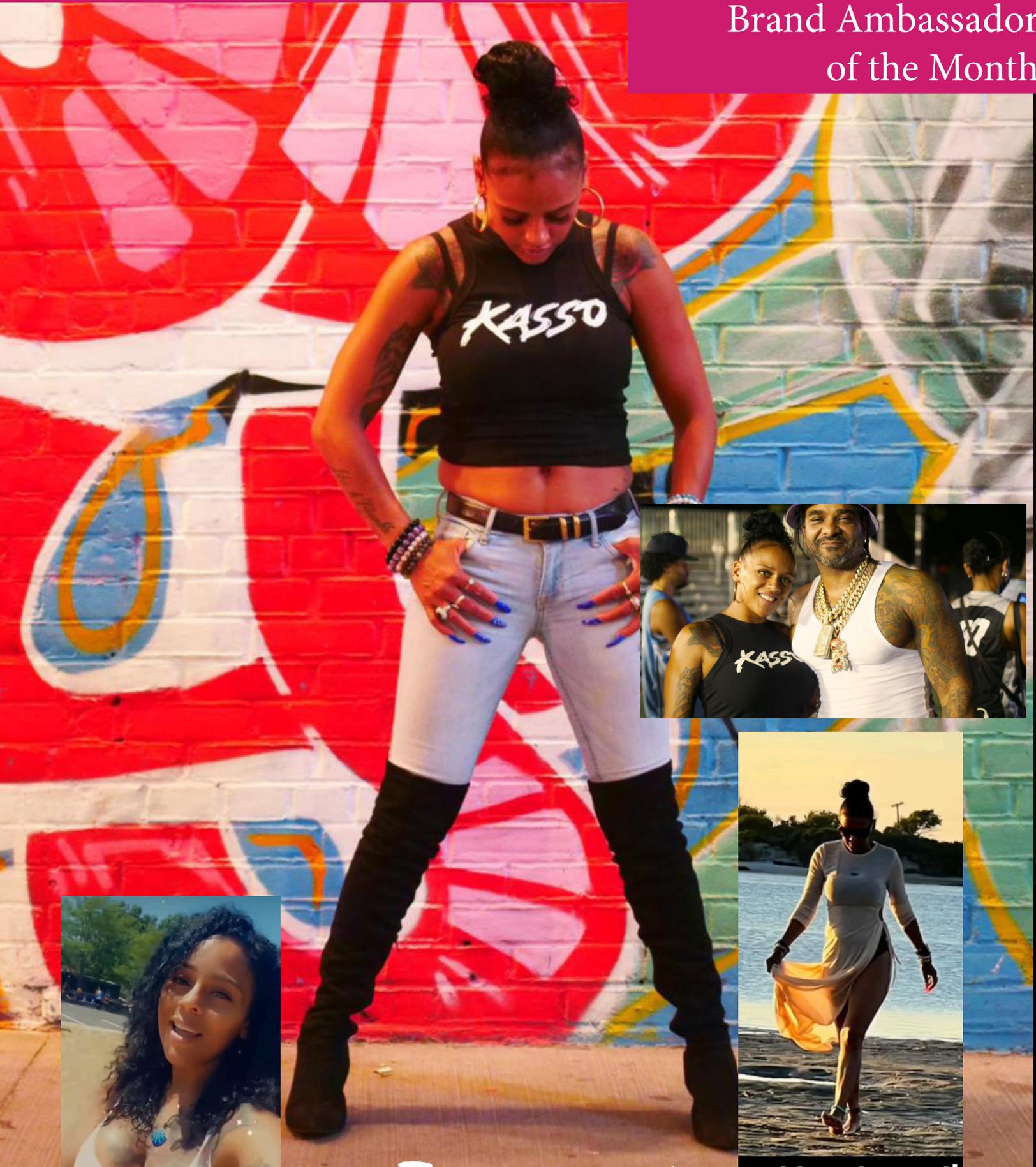
Her

latest hit is "Infinite Energy."

She's at @rachaelgreensings on all social media such as Instagram, Facebook and TikTok.

Linktree: <https://linktr.ee/rachaelgreensings>.

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Keep Fighting!



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Coach TMZ became a brand with in her own uplifting lifestyle and positive energy.

She strived to break away from 9-5 jobs, knowing it had to be done. After her best friend past away, she found her way teaching what she loved: boxing.



After coaching for over eight years, she has been running her own business for the past two years helping young adults of all types -- from young professionals to special needs -- make their way in the community. She explained



Drew Majestic
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that she loves seeing her kids grow into fighters. She always looks forward to them getting there wins. She is truly thankful to everyone who has supported and trained her, especially



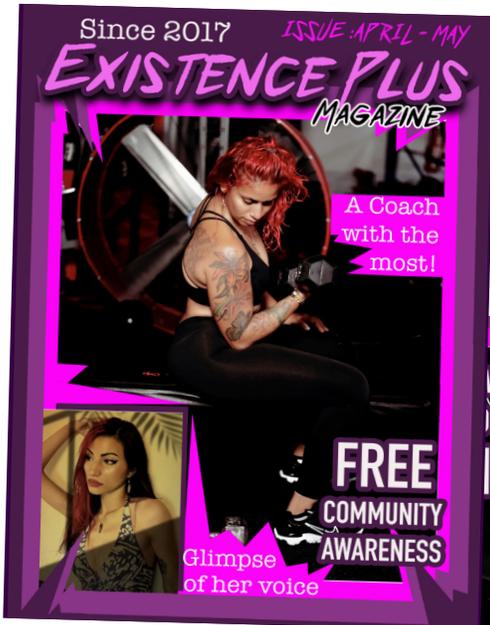
Andre Lerouge of Fusion Kickboxing NY.

You can catch Tammy on her social media accounts always supporting her fighters and giving great pointers, giving camaraderie and energy.

Her newest venture is a modeling career. She said modeling is a way of branding, and she feels good doing it. Building a name isn't easy, but we at Existence Plus support your hard work!



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2 SEE OUR
OTHERSIDE



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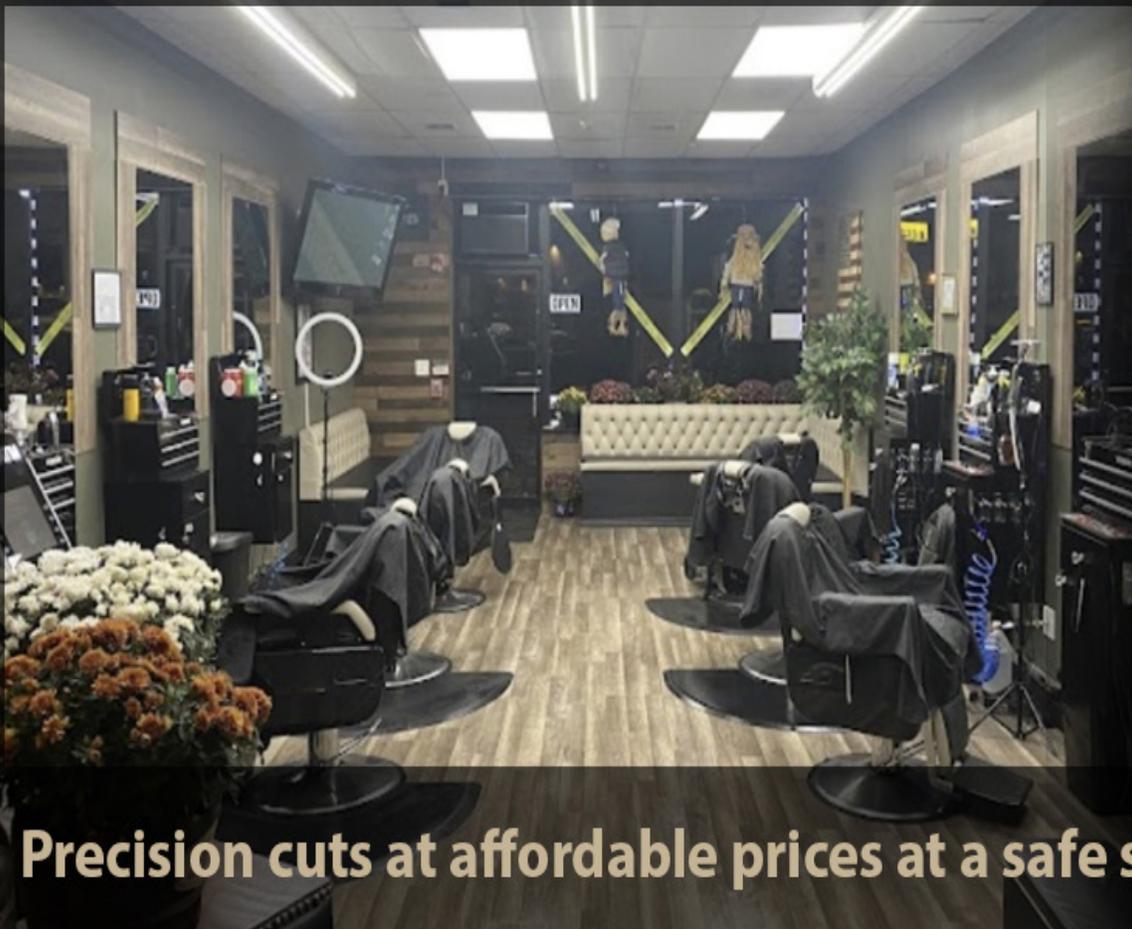
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