



Queen Afua: Pioneer in Holistic Health and Wellness

Queen Afua is a New York Times bestselling author, holistic health and wellness practitioner, and entrepreneur, affectionately known as the “Mother of Womb Wellness” for over 40 years. As a world-renowned leader and CEO of the Queen Afua Wellness Institute (QAWI), she has successfully empowered hundreds of thousands women, men, and children with her workshops, products, books, and teachings. These are founded on the principles of utilizing food, self-care, and holistic choices as a global movement towards a healthier lifestyle.

Queen Afua is a trailblazer dedicated to fighting the overwhelmingly high rates of hysterectomies, fibroids, hypertension, and other diseases plaguing Black women. Her mission, which she has passionately spearheaded since the early 1970s, was recognized by the New York City Health Department in 1987 for her extraordinary holistic, reproductive health services to women. On June 27, 2007, she was honored with the annual “Queen Afua Day” by Marty Markowitz, the then-President of Brooklyn.

In the early 1980s, Queen Afua developed the practice of *Womb Yoga*, a cornerstone of her holistic health approach. This practice offers women a profound way to connect deeply with their bodies, heal reproductive issues, and embrace their divine feminine energy through yoga, meditation, nutrition, and sacred rituals. Womb Yoga has since become a pivotal element of her teachings, helping countless women reclaim their health and wellness.

As an award-winning innovator, Queen Afua has achieved numerous firsts in holistic rejuvenation and womb wellness methodologies for Black women, spanning the United States, the Caribbean, the United Kingdom, and Africa. She is the first to own and operate a full-service brick-and-mortar holistic center, create a globally renowned Rites of Passage program under her Global Sacred Woman Village, and develop a Womb Care Act empowering Black women as “Womb Care Workers” to reduce mortality rates related to womb-wellness issues.

Her signature training programs, including the *Heal Thyself 21-Day Detox Program*, *Sacred Woman*, and *Man Heal Thyself*, have reached audiences worldwide providing spiritual, emotional, mental, and physical healing through the use of holistic African lifestyle practices and principles.

For over four decades, Queen Afua has been the quintessential voice for Black holistic wellness, organically amassing a dedicated following of over 600,000 people. Her teachings have positioned her as the authority for personal wellness and spiritual development. Concurrently, her works have received countless accolades and recognition from The Breakfast Club, Vogue, Essence, Red Table Talk, and other esteemed publications.

Queen Afua is also a highly sought-after speaker, having lectured globally and served as an expert consultant to numerous institutions, including Long Island University Medical Center, NASA, NYC Downstate Medical Center, and the Omega Institute. Her international bestseller, *Sacred Woman*, has been referenced by Vogue editors, America's Next Top Model, and Bravo TV's *Real Housewives of Atlanta* star, Eva Marcille.

A trusted advisor and spiritual mentor to celebrities such as Erykah Badu, Lauren London, Common, Iyanla Vanzant, India Arie, and many others, Queen Afua's popularity has skyrocketed, propelling her teachings to insurmountable heights.

Queen Afua made her big screen debut in Beyoncé's musical film, *Black Is King*, and starred in her own QAWI *Sacred Woman* docuseries, which premiered at the Black Girls Rock Film Festival in September 2022 to rave reviews.

Her work has impacted millions across the globe, from Africa to the United Kingdom, Australia, Canada, and the Virgin Islands. Queen Afua's hope is to bring about familial, communal, and global healing for generations to come.

"The Power to Heal is Within"

Queen Afua 