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THE #STAYWOKEGIVEBACK TOUR

Pittsburg High Graduate Returns to Hometown School with a Music-Infused Meditation Experience for Teens and Young Adults

Pittsburg, CA – February 20, 2020—Author, teacher, and musician, Justin Michael Williams, a graduate of Pittsburg High School, returns to his hometown on Thursday, February 20, 2020 to present a dynamic, TED-style talk infused with music designed to share meditation with teens for empowerment. The Pittsburg native and recording artist is the author of **STAY WOKE: A Meditation Guide for the Rest of Us**, which Sounds True published on February 11, 2020.

As a young teenager overcoming bullet holes that rattled his bedroom and bullies at school, and becoming comfortable in his own skin, Williams learned how to cope during tough times with help from his mentors. One Pittsburg teacher made an everlasting impression by showing him the power of meditation. As a way to say thank you to his teacher, Ms. Ozel, and his other mentors and to inspire young people like they did for him, Williams is giving a special daytime assembly on **February 20, 2020 at Pittsburg High School and a [free evening experience for the public at 7:00pm \(Creative Arts Building; 250 School Street\)](#)**. At the evening event, Williams will present, take audience questions, and sign copies of his new book. Launching his #StayWokeGiveBack tour in his hometown is a must for Williams because he says his teachers and his principal never gave up on him. Instead, they gave him tools to shape his life and mold a career.

“Ms. Ozel, my high school leadership teacher, was like one of my best friends in school and was the person solely responsible for my VERY FIRST introduction to the power of thoughts creating our reality and manifestation,” said Williams. “Mr. Whitmire was my principal at Hillview Junior High School and always believed in me, even when I was having a hard time at home and was getting bullied at school,” Williams added.

The transformative #StayWokeGiveBack assembly and evening event will empower young and older people alike to take charge of their lives and mental health by teaching them how to create a daily wellness ritual. Pittsburg students will receive a free, signed copy of Williams’s book and free access to a 40-day guided meditation program where they will get audio meditations delivered every morning to their phones via SMS.

Patrisse Cullors, co-founder of the Black Lives Matter movement and *New York Times* bestselling author, said, “I wish I would have had this book as a young person navigating racism, sexism, and homophobia. STAY WOKE is a beacon of light in a time of deep despair.” Many other leaders in wellness and activism have also endorsed Williams, from Latham Thomas and Jon Kabat-Zinn to Marie Forleo and Shaun King. STAY WOKE is the first title of its kind specifically for underserved and underrepresented communities by a queer, black, millennial author, including diverse and inclusive illustrations by Victoria Cassinova.

Williams is committed to using his voice for change, and his greatest wish is to inspire young people to wake up to their life's purpose and accomplish the dreams they thought were impossible. "The revolution starts *inside*."

Justin Michael Williams is a transformational speaker and top 20 recording artist who has been featured by *Yoga Journal*, *Grammy.com*, and *Billboard.com*, and presented at events such as Wanderlust and SXSW®. With over a decade of teaching experience, Williams is a pioneering voice for diversity and inclusion in wellness. Visit www.staywokegiveback.com to learn more.

The Sounds True Foundation is a nonprofit 501 (c)(3) organization designed to make transformational education widely available to communities in need, including survivors of violence, at-risk youth, prisoners, veterans, individuals with disabilities, and those in developing countries. They are also focused on training social leaders in the skills of mindful awareness, from areas such as law enforcement, education, social justice, and environmental activism. Visit www.soundstrue.com for more information.

Justin will be in the Bay Area and available for interviews remotely or in-person, 2/17-21

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