

Ameerah H. Ahmad

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Summary

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Description

Poet, Writer, Yoga Instructor, Cultural & Educational Artist

Ameerah Ahmad is the owner of Butterfly Reflections identifying with the metamorphosis and life journey of the monarch butterfly. Ameerah's works of art, performances and yoga sessions operate under the umbrella of Butterfly Reflections. She provides her listeners, clientele and fans with words, sounds and movements to assist them in a successful life journey.

Writing since the age of 13, Ameerah was born and raised in Jersey City, New Jersey. In 2018, she was inducted into the Mary Mcleod Bethune Center's Wall of Fame Pioneer Trailblazers in Jersey City. She received The Paul Robeson Award from the Community Awareness Series of the Jersey City Public Library for her contributions to the Cultural Arts. Ameerah has made several appearances throughout the NJ/NY metropolitan area and has shared the stage with many renowned artists.

Ameerah is also a certified prana yoga teacher who offers weekly yoga classes in the New Jersey area. A listing of her classes can be found here on this site.

Ameerah is the author of three books, "New Dawn", "Echoes and Visions" and her most recent poetry book, "Root Words". She also produced the CD, "Poetically Speaking". All of her works can be purchased here on this site. Ameerah is available for performances and can be reached through our contact page.