

# MEET CHYNA WHYNE



Having recorded and internationally toured with the greats, Bob Dylan, Seal, Peter Gabriel, The Who and more, Chyna was familiar with the pressures of looking glamorous at ALL times. Constantly wearing stilettos during performances caused chronic lower back pain, and having completed a year long world tour with Eric Clapton, she found she could no longer wear her heels. Fortunately, she came across the Alexander Technique, and noticed an immediate improvement, which was all the more surprising as previous chiropractic, osteopathy and physiotherapy efforts had all failed to deliver long-term results.

Recognising the potential to help other women, Chyna studied the Alexander Technique in depth for three years and saw the benefits it also offered for successfully wearing high heels for long periods of time. Now as a fully accredited teacher of the world-renowned technique, and known as the High Heels Guru, Chyna has featured on GMTV, Britain's Next Top Model, in print within The Telegraph, Daily Express, Glamour, Red and the Daily Mail, regularly sharing her insights and she has gone on to teach thousands of women worldwide. The proud author of Master the Art of Wearing High Heels, Chyna is changing lives for the better and now training her very own Chyna Dolls, an army of women keen to impart her successful techniques to others across the globe.

Gorgeous, aspirational, inspirational, kind – just some of the words that describe the high heels guru Chyna Whyne, who is currently taking women to a higher level with her Walking in Stiletto programme.

Using the healing benefits of the Alexander Technique, Chyna is celebrated for giving women confidence in their high heels while saving them from the trauma of long-term back pain.

Chyna Whyne's holistic approach to her lifestyle has led her to also become a Kemeti Yoga teacher and was trained by **Yirser Ra Hotep Lawrence** in Jamaica in 2016. Chyna's multi-dimensional lifestyle helps to empower all who attend her yoga classes and retreats. Walking In stiletto classes and workshops, Alexander lessons and music concerts. Chyna is truly a dynamic artist with a difference. *" I chose to expand on all the creative aspects of myself to not only heal my life but help heal the lives of others"*

Chyna who lives in Jamaica has completed an uplifting and inspiring album, recorded and produced by the Grammy Award winning producer Barry O'hare who has produced exclusive artists such as Beres Hammond, Shaggy, Sean Paul, Freddie McGregor to name but a few. The authentic reggae sound of Chyna Whyne's album which is entitled 'Melanin' and consists of eleven soul fulfilling songs, was written by Chyna Whyne, and recorded at World -a- Muzik in Ocho Rios Jamaica. This album is said to be one of the most 'refreshing' albums to be released out of Jamaica for years.

The first single release from the album is 'Melanin ' and is available on all download sites. . Visit [www.chynawhyne.com](http://www.chynawhyne.com) for preview.



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