

# BONADEA

ALT-COUNTRY•AMERICANA MUSIC MAMA//VISUAL  
STORYTELLER//CRYSTAL•MOON HEALER + WITCH  
//ANIMAL•ENVIRONMENTAL•HUMAN RIGHTS ACTIVIST  
//MENTAL HEALTH IN THE ARTS ADVOCATE



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"WITH AIRS OF FLEETWOOD MAC AND TRACY CHAPMAN, BONADEA'S MUSIC IS WELL TRAVELLED: DEEP, RAW AND ABOVE ALL ELSE AN AUTHENTIC SELF-EXPRESSION FROM A PURE HEART. EFFORTLESSLY BLENDING FLAVOURS OF AMERICANA, COUNTRY, AND ACOUSTIC MUSIC, BONADEA'S WARM MUSICAL EMBRACE AND PERFORMANCE WILL TAKE THE LISTENER ON A REASSURING SOUL JOURNEY." - WILSON NOBLE, SINGER-SONGWRITER

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## BIOGRAPHY

Following the call of the sea, the landscape and the desire to create without limits, Sophie Bonadea currently resides in the North East of Scotland where she lives with her partner and their daughter in a rural coastal town on the stunning Findhorn Bay Coast, famed for its dramatic scenery and draw of spiritual seekers.

Fusing the personal with the mystical through narrative folk-like storytelling, interweaved with her own experiences in love and out of love, her debut album, *The Understanding*, (currently in production) takes a reflective look at her relationships and the wisdom and light to come from these chapters in her life. Bonadea often credits her work as a crystal healer, long time Vipassana student and meditation teacher, honed in the ancient practice of harnessing moon energy, as the magic ingredient in her songwriting process.

Freely exploring references from the 60s and 70s road-trip-american music she grew up with, Bonadea's songs effortlessly move through folk, rock, alt-country, americana, noir and even pop to create a sound that has been described as both totally unique and warmly familiar, and she is regularly likened to pioneering female singer songwriters, Joni Mitchell, Stevie Nicks, Lucinda Williams and PJ Harvey for both stage presence and songwriting style, whilst becoming a respected voice for women in the contemporary Americana music scene.

Known for speaking candidly and compassionately about her own experiences with PTSD and anxiety, confiding with her audiences how she has used music, in particular songwriting, alongside meditation to process difficulties she has encountered with self care and mental health. Through public speaking and social media she encourages others to seek the gifts within their own mental health struggles, using art as a way to transform it into a thing of beauty and creativity.

Mother, musician, feminist, witch and spokesperson for mental health in the arts; an activist for animal and environmental welfare and the host of monthly pop up musicians gatherings, aimed to create a hub for collaboration whilst offering a regular showcase where complete beginners share the bill alongside established artists, resulting in an accessible and welcoming environment for all to flourish and connect. In 2019 Bonadea was also asked to join the online community musicians group, Music in Moray, as an administrator, due to her passion for keeping live music live in the region and also uniting working musicians.

"THE ORGANISER OF SONGWRITER GATHERINGS AROUND THE HIGHLANDS, BONADEA IS A FASCINATING TALENT WHOSE MUSIC BRINGS TOGETHER DISPARATE INFLUENCES FROM FOLK AND AMERICANA TO PSYCHEDELIA AND GRUNGE." - BELLADRUM TARTAN HEART FESTIVAL REVIEW

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## MUSIC EDUCATION

From August 2018 until March 2019 I attended a HNC Music Course, at Lossie Entertainment Academy, in Moray, Scotland. My 1st instrument was my voice and 2nd, guitar. The Higher National Certificate course covered modules in songwriting, music theory, music production, singing skills, dance, event planning and hosting, music industry business, including copyright law and music memberships of organisations, band collaboration and performance skills.

## ONGOING PROJECTS

### THE UNDERSTANDING

Debut album, The Understanding, is a self confessed travelogue of heartbreaks and highways; a memoir and love letter to this region that I have been called to return to after almost 20 years. The album, planned for release Autumn 2020, has already received support from local arts initiative, We Make Moray, and in light of Covid-19, the funds provided in 2019 to create the studio album has since been used to create a home studio where I am working remotely with local artists, musicians and producers to continue production, as well as offering a performance space for home streaming and recording.

### POP UP MONTHLY MUSICIANS MEET UPS + PERFORMERS CIRCLE

Since returning to Scotland in 2018 after 17 years on the road, I was keen to meet up with other artists in this region to collaborate on my album, but found it difficult to connect, identifying that there was a lack of scene for musicians to come together regularly. I had been hosting my own music nights in Berlin so I brought the model here, creating a platform for new and established artists to share their work through performance, whilst promoting themselves and having the opportunity to meet others across various sectors for collaboration on their music projects. The pop up monthly musicians meet ups + performers circle has been recognised by artists and guests alike as an asset to the highland music scene, also gaining recognition from musical press, festivals and promoters.

## 2020 HIGHLIGHTS

### MARCH INTO PITLOCHRY

In the wake of the social distancing mandate, the entire March into Pitlochry festival was not only moved online, but became The Self Isolated House Concert Global Festival, making it the largest online streamed roots, country and americana festival with 24hr back to back sets. I performed a set streamed live from my home alongside artists from the UK, Europe, Canada and USA. This was the first time many of us ventured into the world of facebook live streamed gigs and online streamed festivals. As well as a 'virtual tip jar' for performers, viewers were also able to donate money to help raise funds for the many non performing staff like technicians, hosts and promoters who had lost their livelihood overnight.

### JUNETEENTH FESTIVAL

This years 'Juneteenth', or Emancipation Day, marked 155 years since the last African American slave was acknowledged as no longer owned by a white man. IMTV hosted a day long online streamed festival as artists across the world performed songs of freedom, raising awareness for immigration injustice, and human rights, whilst also raising money for the charity, Borderaid. I performed, "The Wheel (all this shall pass)", a song of hope aimed to recognise the fear and uncertainty we all feel as a collective, and spiritually uplift the listener. The title of the track is in reference to the wheel of Dhamma. I also performed a new track, "Rise", written in reverence to the 13 million women murdered in the name of witchcraft, something I feel very passionate about, and finished with Woody Guthrie's classic, "Deportees", which highlights the still prevalent carelessness of the lives of the many Mexican workers who are still mistreated and victims of the USA labour standards.

## 2019 HIGHLIGHTS

### PORCH SESSIONS, MACGREGORS BAR

I was asked to perform as part of the first ever all female line up for the Porch Sessions at iconic music venue, Macgregors, owned by BB2 Radio Folk broadcaster and Blazin' Fiddles founder Bruce Macgregor.

### CONNECTED THROUGH MUSIC, ARTS FOR WELLBEING/SCOTTISH MENTAL HEALTH ARTS FESTIVAL

As part of the Scottish Mental Health Arts Festival I was asked to perform and host a specialist night of music from artists who have and are affected by mental health, showing how music and creativity helps support our wellbeing. A highlight of the night included a performance by Michael Wadada of world music dub collective, Sons of Arqa, known for their work with 808 state; A guy called Gerald and performing at Glastonbury and the first Womad Festival.

## WOODZSTOCK FESTIVAL

As part of the 50 years anniversary I accompanied Andrew Still of The Galapagos as our duo act on the acoustic stage, and I then later opened the main stage performing as a solo act. I am currently working with Andrew Still on a joint writing project, with plans to perform at festivals including Belladrum 2020 and he is also a guest collaborator on my album, The Understanding, currently in production.

## BEAUTIFUL NAIRN NIGHTS

I supported Canadian Singer Songwriter, Orit Shimoni, on the Highlands leg of her international tour, opening the show, combining storytelling with original songs for this intimate session at an art gallery.

## SOLSTICE SESSIONS FESTIVAL

Performing as part of an alternative collective showcase for the Summer Solstice celebrations, hosted by Scottish soundscape, musician and spoken word artist, Wilson Noble as he toured his new album, Human.

## BELLADRUM TARTAN HEART FESTIVAL

Performing at the iconic Potting Shed stage, which showcases the best in country and Americana music from the UK, EU, North America and Canada at Scotland's largest music festival. The Potting Shed is the longest standing stage at this 20,000 attendee festival and was voted, "The best wee festival within a festival".

## SUBLIST SCOTLAND'S BEST UNSIGNED ACTS

I was selected as the only woman and one of the Highlands most promising unsigned acts to perform for legendary LA music producer and engineer Ken Allardyce, who has worked with many powerhouse names including female music icons Stevie Nicks, Cher and Everything but the girl. My performance of original works resulted in an offer for studio time, production assistance and also a performance slot and interview on independent radio station KCR 107.7.

## JOCKTOBERFEST//BLACK ISLE BREWERY FESTIVAL

At 8 months pregnant, this was my final show before I went on maternity leave. My set gained accolade for both my musical performance and my sense of humour, performing my hour long set in a rocking chair on stage, in a crop top and gold lamé skirt, whilst heavily "knocked up" claiming it was bound to be the most country thing that they would see that day. A personal highlight of the day for me was ending my set with the crowd singing along as I performed John Prine's, Angel from Montgomery, having no idea that John would leave us only a few months later.

For more information on me, the work I do, my music and media or to join my newsletter please feel free head over to [www.Bonadea-Music.com](http://www.Bonadea-Music.com), you can also follow me on social media and email me at [hello@bonadea-music.com](mailto:hello@bonadea-music.com)

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