

Mp3 Cava - Give In Let Go



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All original female production. Contains an eclectic blend of urban music, combining rock, hip hop, lounge, soul and jazz into a fusion of innovative sounds. 10 MP3 Songs ELECTRONIC: Lounge, HIP-HOP/RAP: Alternative Hip Hop Details: Rarely does an artist come along who earns the title musician. Enter Cava Menzies. Bay Area based composer, producer and vocalist, Cava writes music from the soul, creating a deep, uplifting, and inspirational sound unlike anything else. Now, after years of technical study, guest spots on other artists albums, and live performances, Cava is set to release her own debut LP, Give In Let Go. The 11-track album, a stunning fusion of hip-hop, soul, and jazz features guest emcees such as Zion from the hip-hop duo Zion I, South African emcee D.U.S.T., among others. Like a beautiful flower or an ocean breeze, Cava's music is always moving and heart felt. On the track Last Days, one of Cava's personal favorites, she trades stories of personal transformation with emcee Zion about those moments in life where we stop, reflect, and reevaluate our lives and decide to be true to ourselves. Some major defining moments in my life recently have really shaped who I am, explains the single mother. Raising my son has been one of the most challenging--and rewarding experiences of my life. And it's through that struggle, I think, that my best music is made. It's no surprise that Cava resides in the Mecca of imaginative, inspired music: Northern California. Born in San Francisco and raised in the East Bay, Cava is the product of a mixed race marriage which has profoundly influenced her music. She also hails from a long line of musical talents. Her grandmother was a pioneer in New York's jazz scene as a dancer at the Cotton Club. Her father, Eddie Henderson, is an accomplished jazz trumpeter and early member of the Herbie Hancock sextet. Cava's mother is a classically trained flautist. Cava is a classically trained jazz pianist, with twenty years of formal study. She has performed around the country and internationally, singing and playing piano across parts of China and Europe. In 2001, she graduated from

the Berklee College of Music in Boston. Whats more, Cava was featured on the hip-hop documentary Soundz of Spirit soundtrack and on Crown City Rockers critically acclaimed Earthtones album. In one of her musical career highlights, she contributed to her fathers 1996 album, Dark Shadows. Perhaps most impressive is the fact that the production on Give In Let Go is the work of Cava entirely. Crediting Amp Live of Zion I as one of her mentors, Cavas production is as versatile as it is beautiful. Shes not afraid to add DJ scratches to jazz chords, strings and electric piano. The result is a sonically beautiful album that defies classification. Cavas beliefs about life encompass the message in her music: I believe we choose happiness and success. Give In Let Go drops March 25, 2008. For press inquiries contact: Nicole Ballin at Ballin PR 323-651-1580 nik@ballin Cava Music Group cavamusicgroup.com
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