

Pro-Aging Influencer, Makeda Smith, Closes Women's History Month with Book Release, "Flying Over 50 at Any Age" and Coaching Portal, The Makeda Method

Flying Over 50 at Any Age,

A 30-Day Self Journal for Speeding Past Limitations



By Makeda Smith

Los Angeles – When veteran entertainment industry publicist Makeda Smith began pole dancing as a fitness hobby, over 12 years ago, she had no idea it would morph into a life-changing journey. The 63-year-old grandmother, who has received international notoriety for her dance flow movement practice, [Flying Over 50](#), has announced a brand expansion

during Women's History Month. Makeda is releasing her first book, "Flying Over 50 at Any Age, A 30-Day Self Journal for Speeding Past Limitations" on April 5, National Self Care Day. In addition, she has also launched an online wellness portal, [The Makeda Method](#), offering healing breathwork sessions, deep stretch yoga classes, and dance flow movement lessons, all targeted for maturing seniors.

"Flying Over 50 at Any Age, A 30-Day Self Journal for Speeding Past Limitations" is an encouraging guide for navigating through life's many holding patterns. The author offers daily motivation and wisdom through introspection about her life while prompting the reader to write and reflect on their own journey. By the end of the book, readers will hopefully find themselves renewed, invigorated, and ready to 'Fly Over 50,' soaring past societal and self-imposed speed limits.

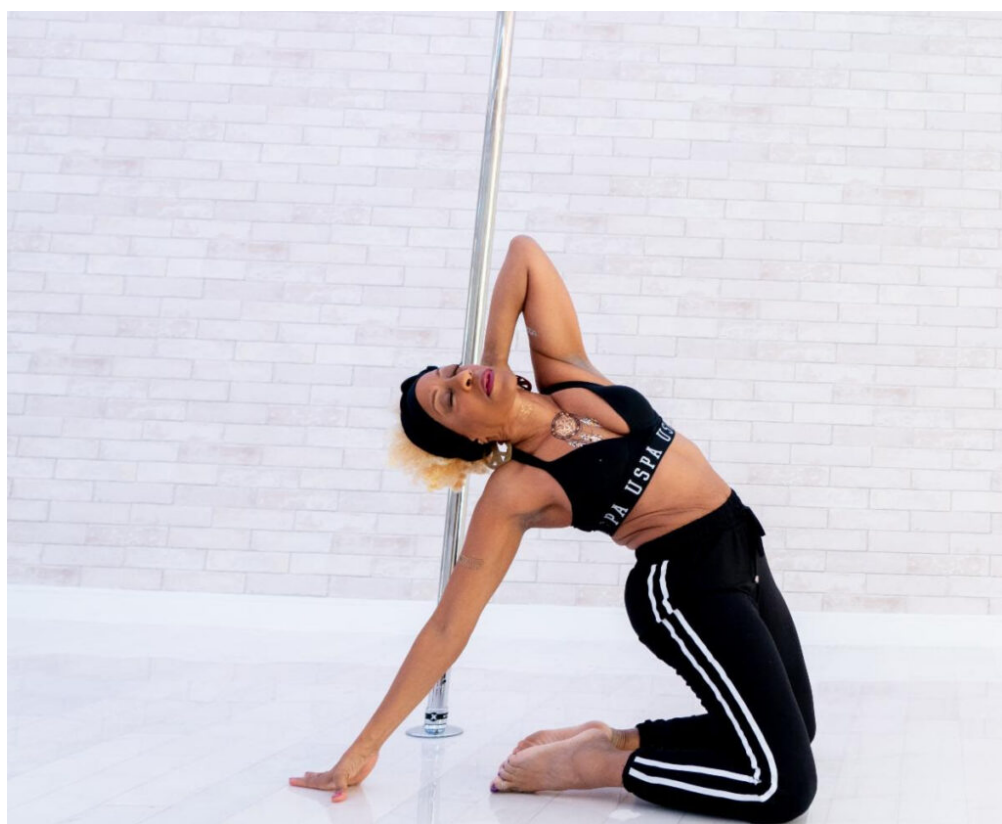
"When I turned 50 over a decade ago, I was at one of the lowest points in my life. The market had crashed, and I literally lost everything – but through it all, I found myself. I discovered that life doesn't end at 50, but it does take on new responsibility. Diving into fitness not only saved my life, but it also positioned me in the current pro-aging movement and garnered me the profound understanding that aging is one of the most powerful celebrations of living a long life," expresses Makeda. "My book, 'Flying Over 50 at Any Age' and my new wellness portal, The Makeda Method, are my support systems for adults who are being challenged with the many effects of what we call 'growing old.' Aging is a natural process, but the secret is mastering practices for mitigating the daily stress that comes with it."

'The Makeda Method' is a culmination of wellness offerings for everyone, all ages, but particularly for individuals struggling with the anxiety of aging. As a certified breath and stretch coach, Makeda created the online portal to help others establish their own personal routines for health and wellness. Layered with the grace of her private coaching,

breathwork is taught as a mindful tool for eliminating tension and unease, while deep stretch classes enhance flexibility and mobility in the body and work to calm the mind as well.

“Embracing senior citizenship can be overwhelming. That’s where finding a coach comes into play. A coach can guide you with the training and tools you need to initially get started and hold you accountable for your daily practice. Eventually it all becomes secondhand and then you are fine on your own. I’m still a busy publicist with my own PR agency, but coaching has always been a passion point for me. Now with the release of my book and wellness portal, I’m hoping to further spread the news that growing older is a divine blessing when approached with attentive self-care!” explains Makeda.

Secure your copy of “Flying Over 50 at Any Age, A 30-Day Self Journal for Speeding Past Limitations” on [Amazon.com](https://www.amazon.com) and check out The Makeda Method at www.themakedamethod.com.



FlyingOver50 Granny Pole Dancer Makeda Smith Continues to Elevate Mature Women with New MercVille Productions Music Video Release



Grandmother, publicist and pole dancer Makeda Smith, the creator behind the blog-turned-movement, [FlyingOver50](#), has once again teamed with Christina Villegas and Jeff Mercer, the owners of [MercVille Productions](#), to create a mesmerizing pole dance music video. Filmed as part of the production company's ongoing "Goddesses In Motion: A Pop Up Pole Video Shoot" series and produced by [Flying Curves Dance Studio](#), the release catapults FlyingOver50's continued quest to encourage 'mature' women to reclaim their femininity through dance, fitness and the art of simply moving their bodies. Directed by Villegas, the 57-year-old pole dancing granny fluidly rotates around a pole in nine-inch heel Pleaser Shoes while lusciously combining pole tricks with dance movement.



MercVille Productions' Jeff Mercer filming on the "Goddesses In Motion" set with Makeda from FlyingOver50.

This is Makeda's third collaboration with MercVille Productions. The company first featured her last year in "[The Pole Dancing Chronicles](#)." Sponsored and co-produced by Mighty Grip Inc., a leading worldwide sporting goods manufacturer, "The Pole Dancing Chronicles" showcases people and events from within the pole and aerial community in an effort to dispel myths and misconceptions around the growing art form. The working couple created the "Goddesses In Motion" pop-up video series as a platform for amateur pole dancers to experience being professionally filmed while performing to a song selection of their choice. The mini-productions result in a two-minute music video feature that the dancers can share across social media and with friends and family.

Christina Villegas, a former reality show producer, who in conjunction with co-owning MercVille Productions also owns and operates Flying Curves Dance Studio, notes, "'Goddesses in Motion' is another extension of my vision to propel women to be their best selves, regardless of what society tells us about size or age or color. Putting 'everyday' women in front of a camera and capturing their inner essence is what this work is about. When we see ourselves on film, it becomes an expansion process. The women actually get to 'see' another dimension of their beautiful selves expressed and amplified!" In addition to running her Jazzmyne Public Relations agency, Makeda offers dance workshops, classes and private lessons to women, while targeting those 50 and older. She also blogs weekly at FlyingOver50.com with positive affirmations that she combines with her pole and aerial photography. "The 'Goddesses In Motion' pop-up videos are an amazing opportunity offering artistic expression to women who normally would not have access to such a venture," she explains. "As a veteran entertainment industry publicist, I have worked behind the scenes on sets with a host of well-known celebrities. It is a tremendous feeling to be in front of the camera and one that I wish every woman could experience. I share these videos with my social media followers in the hopes of inspiring all women, but particularly older women, to nurture their femininity and pursue their dreams without letting age become a factor. I

personally believe that women, like wine, grow better with time and we can indeed fly over 50.”

Makeda is currently celebrating the 30th year anniversary of her agency, Jazzmyne Public Relations as she takes her FlyingOver50 pole and dance movement practice to new heights.

Follow @FlyingOver50 on [Facebook](#), [Twitter](#) and [Instagram](#).

56-Year-Old Hollywood Publicist, Makeda Smith Featured for Remarkable Pole Dancing Skills



photo credit: Steven Harvey –
<https://www.makeaperfectimage.com>

Los Angeles – Over the past three decades, the careers of hundreds of clients have been enhanced by the magic touch of **Makeda Smith** and her boutique styled publicity agency, **Jazzmyne Public Relations**. Pop stars, A-list actors, comedians, musicians and even notorious gangster rappers have benefitted from her savvy media management and consulting. The single mother of two is now making her own headlines for a fitness trend she embarked upon at the age of 50 – pole dancing.

The 56-year-old grandmother is currently featured in several national media outlets including the February 2017 print issue of **Prevention Magazine**, the world’s most established healthy lifestyle brand; and online at **Xonecole.com**, a digital empowerment platform for women. In the Prevention “Personal Journey” feature, written by **Kera Bolanik**, the magazine explores pole dancing as a health and wellness

regimen, while revealing the life altering events that propelled Makeda to the dance studio. Â Xonecole.com beauty/fashion contributor, **Tweety Elitou**, also takes readers on an in-depth spin with the veteran press agent who many now refer to as #grannyonapole.

Pole dancing is an artistic exercise practice that promotes athleticism, while combining stamina and strength with sensual movement. Makeda credits pole dancing for instilling her with a renewed sense of self-empowerment during a tumultuous period in her life. Â Now in addition to publicity, she says she enjoys pole dancing as an added passion. She has since launched www.FlyingOver50.com and blogs pole-inspired art and affirmations almost daily. Â Also, a self-certified exotic movement instructor, with almost 6 years of instruction under her belt, Makeda offers private lessons, workshops and classes to women 40 and older.



photo credit: Steven Harvey –
<https://www.makeaperfectimage.com>

“I’m ecstatic that both Xonecole.com and Prevention Magazine have given me a platform to introduce pole dance to a broader audience, as not only a fitness option, but one that older women can explore. Â Pole dancing as an art form and exercise program has exploded in popularity over the last several years, but many women over 40, and especially over 50, don’t believe it is something we can do. Â I had no formal dance or gymnastic training, but when you start this sport at a beginner level, you gradually tone and build muscle. I am hoping women, young and old will be inspired by my story and my journey. Â It’s not just about pole dancing, it’s about moving beyond your perceived limits.”

It was 1988 when Gwendolyn “Makeda” Smith resigned her position as Associate Director of West Coast Publicity at Hervey & Company, a public relations firm headed by industry veteran, **Ramon Hervey**.Â Armed with a bachelor’s in public relations from Boston University, and a master’s degree from the Annenberg School of Communication atÂ USC, Â it was a single press release that launched her firm, Jazzmyne Public Relations, named for her oldest daughter.Â With no savings or

financial backing, Makeda defeated the odds and her agency thrived.

While maintaining her public relations practice, Makeda Smith promises to keep 'Flying Over 50' to inspire women and encourages others to join her! She launches her **"FlyingOver50 Dance Flow – exotic movement w/ Makeda"** class, **Saturday, February 11 at 1:00 at Yoga in the Desert**, located at **42116 50th St W, Ste A, in Quartz Hill, CA.**

To understand the power of the pole, pick up a copy of the February 2017 issue of Prevention Magazine (<http://www.prevention.com/fitness/i-had-to-file-for-bankruptcy-my-house-went-into-foreclosure-and-my-car-was-repossessed-heres>); fly with her at xonecole.com at <http://xonecole.com/56-year-old-grandmother-shows-pole-dancing-knows-no-age/> and keep soaring with her at www.FlyingOver50.com.

Jazzmyne Public Relations Celebrates 25 Year Anniversary!



Hollywood, CA – "It's important to acknowledge the journey. Expressing appreciation for everyone and every thing along the path is part of the celebration. All of it has brought me here, with 'here' being the operative word because 'I Am still Here'," cites Makeda Smith, agency owner of Jazzmyne Public Relations. "And for that I Am thankful."

The boutique styled publicity firm celebrates 25 years this month, providing a distinctly unique approach to publicity, branding, social marketing, management consulting, and crisis and scandal control. With offices in Los Angeles, and a

satellite operation in Atlanta spearheaded by Edrea Davis, Jazzmyne Public Relations is recognized as a solid contender in a continually evolving field.

"I remember when fax machines were the fastest way to get out breaking news and we mailed albums and cassettes out to media. Today its emails and mp3's via the computer," recollects Makeda. "Twenty five years is a very long time. I've seen things come and then go. I've witnessed career births, explosions and collapses. And I've been around long enough to know that even though things change, the important things remain the same, like integrity, passion and dedication to the energy of a strong work ethic."

Jazzmyne Public Relations was started in 1988 when Gwendolyn "Makeda" Smith resigned her position as Associate Director of West Coast Publicity at Hervey & Company, a public relations firm headed by industry veteran, Ramon Hervey. With no savings or financial backing, it was a single press release that launched her firm, Jazzmyne Public Relations, named for her oldest daughter.

The agency specializes in urban entertainment and has successfully secured media exposure for celebrities, films, non-profit organizations, businesses, authors, artists, activists and even former crime figures. Clients over the 25 years have included a diverse list of names, events and organizations in entertainment and beyond including former Tonight Show bandleader Kevin Eubanks, comedian and actor Jamie Foxx, comedian/actress Mo'Nique, singer/actress Cheryl Pepsii Riley, radio personality Michael Baisden, Playboy TV, the Little Miss African American Scholarship Pageant and the Black Men's Xchange.

Under the auspices of Edrea Davis, the agency has represented several U. S. delegations to the United Nations World Conferences in South Africa, Copenhagen, Switzerland and Amsterdam; coordinated publicity efforts for civil rights icon

Reverend Joseph Lowery and Melanie L. Campbell, president and CEO of the National Coalition on Black Civic Participation and convener of the Black Women's Roundtable Public Policy Network; and overall media coordination for the massive UNITY voter registration and get the vote out campaign which comprised nearly 100 of nation's most prestigious organizations and contributed to the historic black voter turnout and election of President Obama.

"Jazzmyne Public Relations is one of the best avenues for anyone with a message to get their voice out there," offers Dr. Boogie, a celebrity client and hairstylist to stars like Vivica A. Fox and Kym Whitley. "It may seem like media is much more accessible in this day and age but gaining access with professionalism and savvy still requires an acquired and honed skill."

[Dr. Boogie](#), the owner of a clip-on hair line and a natural hair product company, continues, "I've watched Makeda create and launch some of the biggest careers out there as well as finesse her way around some of Hollywood's most notorious insider scandals! Jazzmyne Public Relations is an important part of the Dr. Boogie team and brand and we congratulate her on her longevity in the game!"

Contact Jazzmyne Public Relations at www.jazzmynepr.com, via email at jazzmynepr@gmail.com, @makedaqueen on Twitter and "Like" the agency on Facebook at <https://www.facebook.com/pages/Jazzmyne-Public-Relations>.