



BIOGRAPHY

Athena Nair (*they/she*)
Hero, Episode "Athena"

Athena is an artist, activist, and student who grew up in the SF Bay Area, CA. Their organizing, social media presence, dancing, playwriting, singing, directing, and acting all center on liberation and telling untold stories. Athena works with The Body Positive as a board member and collaborator, with kathak artist Farah Yasmeen Shaikh as a dancer and vocalist, and creates her own artistic and activist work that uplifts QBIPOC from all backgrounds. Athena's recent work includes directing the musical Chicago (in a body liberationist, queer, radical fashion centering the narrative around justice), vocally accompanying Farah Yasmeen Shaikh at the Montana Folk Festival, writing and starring in a Zoom production of their original musical *Is There Anybody Out There?*, speaking on a congressional briefing in support of eating disorder prevention in schools with Jameela Jamil and other experts, and giving a TEDx talk on body positivity and fatphobia (bit.ly/athena-tedx). To support and discover more of her work around body liberation, South Asian classical music and dance, theatre, writing, and more: head to bit.ly/athena-nair, on Instagram @athena.nair.