

1497

Portuguese navigator Vasco da Gama rounds Cape of Good Hope on way to first voyage from Europe to reach India

1926

Imperial Conference ends, giving autonomy inside British Commonwealth

1963

US President John F. Kennedy assassinated by Lee Harvey Oswald while riding in an open-topped motorcade in Dallas, Texas



2005

Angela Merkel becomes the first female Chancellor of Germany

Artist  
Access  
Yoga

ve proved  
dis that  
dy looking  
e Kingdom

-year-old Saudi lawyer who  
ends classes at Al-Sahhaf's stu-  
o, told Arab News: "I started  
ing aerial arts as a kid, but we  
d not have gymnastics here so  
e first time I saw this studio, I  
rsued it.  
'It helped me a lot to get more  
tune with my body and made  
e realize that you don't have  
be skinny to be fit. It certainly  
ings positivity to your life," she  
ded.  
Samia Abushosha, an assistant  
ofessor of physics at King Ab-  
l Aziz University, said: "I am 44  
ars old and it feels like a great  
omplishment doing this at my  
e. I only started nine months  
o, and I can feel the positive  
es it gives me in every class."  
Afnan Al-Zain is one of Al-Sah-  
f's coaching assistants and an  
sistant professor at the faculty  
dentistry at King Abdul Aziz  
iversity. She started doing  
rial yoga in 2017 in the US. "To  
e this is like my side job as it  
axes my mind, helps me release  
ess and enhances creativity so  
at my mind becomes clearer to  
e more in my career."

Al-Sahhaf now offers work-  
shops and classes in more  
than six gyms and studios  
across Jeddah, in addition  
to running workshop tours  
throughout the Kingdom and  
other GCC countries



Soultana

RHYTHM

# Rapper Soultana is the voice of Moroccan women

*Soultana first rose to fame in Morocco as a member of all-female rap group Tigresse Flow, winning at Ouf du Bled and Mawazine in 2008*

MTB | Rabat

Soultana is Morocco's first female rapper and paving the way for Arab female hip hop artists and women's rights. Rap is a largely male-dominated industry and to rap in a country where a woman's voice is not equal to a man's takes courage.

Soultana, whose birth name is Youssra Oakuf said, "I wasn't searching for fame or money, I was searching for respect from people. This is how I got started. Hip hop taught me how to be strong and how to face men."

In her song Maghrebria, Soultana includes powerful lyrics directly speaking to Moroccan women, telling them it's ok to raise their voice and not to let negative remarks made about them in

Soultana, first entered the hip-hop scene at age 13, growing up in the Ain Sebaa neighbourhood of Casablanca. She is now an internationally recognized artist best known for her single "Sawt Nssa" (The Voice of Women)

society dampen their spirit. Soultana sings, "This is the Moroccan woman. This is one of a million women's voice that I'm calling. Girls voice that is lost in my country. The voice of those who want to say but can't."

Her songs speak to cultural taboos like prostitution, social and political issues, and everyday struggles.

Soultana says she draws her inspiration from meeting local Moroccan women during her travels. They tell her, "You are singing what I want to

say." The female artist did not have any formal musical training. She was brought into the hip-hop world when she studied English and felt inspired by the street art scene in Rabat.

By 2005 she had forged the band Tigresse Flow, which won a prize at Mawazine, Rabat's national music festival. Unfortunately, the group did not receive the monetary prize as rap was not considered a worthy musical category. Regardless of challenges, the 29-year-old singer persevered.



Soultana performs at a concert