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SIRIUSXM ANNOUNCES NEW WELLNESS PODCAST SAUNA SESSIONS WITH PRINCE EA

Produced by Stitcher, SiriusXM's subsidiary, new series will feature the host joined by special guests in an infrared sauna for in-depth conversations about health and spirituality

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New York, NY - January 10, 2023 – SiriusXM today announced ***Sauna Sessions with Prince EA***, a new wellness-focused podcast hosted by the filmmaker, speaker and creator. Launching January 24, ***Sauna Sessions*** will feature Prince EA joined by special guests in an infrared sauna to have longform conversations focused on the mind, body and spirit.

Sauna Sessions will be available on the [Stitcher](#) and SXM apps, as well as all major podcast listening platforms. Listen to a trailer [by clicking here](#).

The sauna has long been a place of contemplation, a place to clear one's mind and body. On each episode of *Sauna Sessions*, Prince EA will be joined by a special guest for a conversation that aims to clear the day's toxicity and get down to the searing truths about

mind, body, and spirit and how to apply practical wisdom in our daily lives.

The series will launch with a wide-ranging slate of experts in their fields, including speaker, author and entrepreneur **19Keys**; author and health food expert **Doug Evans**; Buddhist practitioner **Jack Kornfield**; biochemist **Jessie Inchauspé**; New York Times best-selling author, podcaster, and two-sport All-American athlete **Lewis Howes**; hypnotist and life coach **Marczell Klein**; magician, actor and musician **Penn Jillette**; bodybuilder **Robby Robinson**; bestselling author and podcaster **Shawn Stevenson**; and more.

“I’ve had some of the most interesting conversations in my life during the ‘heat’ of the sauna. There’s something about the sweating that removes the walls normally held up in typical discussion,” said Prince EA. “I’m super excited to launch this podcast and dive deeper with guests than they have ever gone before. As we detox our bodies we will also detoxify the BS in the world and get to the truth about how our audience can REALLY be healthy, happy and connected.”

“The beginning of a new year is a time when many of us set new goals for our health and wellness journey,” said **Colin Anderson, Vice President of Content at Stitcher**. “With the panel of inspiring thought-leaders and experts that Prince EA has assembled for *Sauna Sessions*, we know that this podcast will be a valuable resource, and we are excited to help him bring it to life.”

Sauna Sessions is created by **Prince EA**. The show is executive produced by Stitcher’s **Colin Anderson** and Hok Productions’ **Dustin Knouse**. Engineering is by **Record Edit Podcast**.

SXM Media, the advertising sales group of Sirius XM Holdings Inc., will have exclusive global ad sales rights for the series.

About Prince EA

Richard Williams, better known as Prince Ea, is an American spoken word artist, poet, rapper, filmmaker and speaker. After graduating Magna Cum Laude from the University of Missouri-St. Louis, he initially pursued a career in hip-hop popularizing the “Make S.M.A.R.T. Cool” movement to promote values like intelligence, free thought, unity, and creativity in hip hop music. In 2014, Prince Ea shifted his focus from music to creating motivational spoken word films. His YouTube videos have received over two billion views. He covers a wide range of topics such as environmentalism, race, work-life balance, and spirituality. Prince EA’s work is widely recognized including Oprah’s Super Soul 100 and Forbes 30 Under 30.

About Sirius XM Holdings Inc

SiriusXM is the leading audio entertainment company in North America with a portfolio of audio businesses including its flagship subscription entertainment service SiriusXM; the ad-supported and premium music streaming services of Pandora; an expansive podcast network; and a suite of business and advertising solutions. Reaching a combined monthly audience of approximately 150 million listeners, SiriusXM offers a broad range of content for listeners everywhere they tune in with a diverse mix of live, on-demand, and curated programming across music, talk, news, and sports. For more about SiriusXM, please go to: www.siriusxm.com.

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