

# The Art of Living

An afternoon retreat  
for designing your next chapter

**Sunday, March 26, 1 to 4 pm**

As we begin a new year, consider this an ideal time to set intentions for what you hope and wish for in the next year of your life. And beyond!

Come and participate in learning to discover and create your personal life vision with our seasoned facilitators. They will guide you through the steps of discovering your deepest intrinsic desires for your life in 2023.

This will truly be a refreshing and enlightening event that will give you the tools and the time to focus on your life's next chapter.

## Program

Harmonium  
Choosing Intention  
Awaken the Senses  
The Power of Intention  
Break  
Expand, Energize, Release  
Intention in Breath & Word  
Singing Bowls  
Breathing Meditation  
Refreshments

**Join us and invite a friend!**



CENTER FOR ARTS & CULTURE

1430 Park Ave • Fernandina Beach, FL  
904.601.2118



## Our guides

**Valerie Brandt**, MSN, ARNP-C, Yoga Nidra &  
Meditation Guide with Singing Bowls

**Julie Dobinski**, MA, NBC-HWC, Meditation  
Facilitator

**Deb Cunningham**, E-RYT500/YACEP  
Certified Yoga & Yoga Nidra Instructor, Reiki  
Master, Biotech/ Medical Marketing, BS  
Psychology

**Pam James**, co-owner of  
Pelindaba Lavender

**Brenda C. Kayne**, YACEP  
Yogapod Flow Instructor

\$95 per person  
includes instruction & refreshments  
Register at

[StoryandSongBookstore.com](http://StoryandSongBookstore.com)

## Meet Our Retreat Facilitators

### **Valerie Brandt**, MSN, ARNP-C, Yoga Nidra & Meditation Guide with Singing Bowls

Before moving to Amelia Island, Valerie practiced for many years on the west coast of Florida as an Advanced Practice Nurse Practitioner (ARNP), certified in both Adult and Women's Health.

A seasoned professional and experienced provider, she has cared for, educated and supported her clients in developing their plans for wellness and helping them to meet their health care needs.

Valerie is also a certified Reiki II practitioner, has completed Level One Yoga Training, and is a certified Advanced Yoga Nidra Instructor. She enjoys combining this restorative and healing meditation method with the playing of crystal and alchemy bowls to relax and deepen the meditative experience. Beyond Valerie's professional work, she is an avid supporter of animal rights, lover of travel and the outdoors, and enjoys exploring vegan cooking.

### **Deb Cunningham**, E-RYT500/YACEP Certified Yoga & Yoga Nidra Instructor, Reiki Master, Biotech/Medical Marketing, BS Psychology

Deb has an award-winning career in healthcare spanning more than two decades. Her work in Biotech/Medical marketing and sales expanded her unique understanding of how body and mind health are crucial elements to overall well being. She has taken her expertise in the healthcare industry and perfectly blended it with her years practicing and teaching yoga and mindfulness. Additionally she has been an educator for 9 years in Yoga Teacher Training programs across the southeast. And finally, she is thrilled to add Reiki Master to her tool box of healing modalities. You'll find more about Deb's services at [TheMindfulnessEffect.com](http://TheMindfulnessEffect.com).

### **Julie Dobinski**, MA, NBC-HWC, HeartMath® Certified Coach

Julie is a National Board-Certified Health and Wellness Coach. She is owner of Optimal You Coaching, LLC here in Fernandina Beach, where she has lived since 2001. She holds a Master of Arts in Pastoral Counseling from Loyola University Chicago and is a Certified HeartMath® Coach and Mentor.

Her practice in the area of coaching includes health and wellbeing coaching, life coaching, meditation coaching, and performance coaching. Her clients have benefitted significantly by learning more about the tools of HeartMath® and other breath techniques. Julie also composes her own guided meditations that she records. These are available on her website at [OptimalYouCoaching.com](http://OptimalYouCoaching.com).

### **Pam James**, Co-Owner of Pelindaba Lavender

Pam James is co-owner of Pelindaba Lavender with Heather Edge in downtown Fernandina. She spent more than 30 years in corporate America. Her early years were spent with UPS in various management positions and then The Hamilton Collection where she was Director of Sourcing and Purchasing. After visiting the Pelindaba Lavender farm on San Juan Island in Washington in 2016 and touring operations with owner and founder, Dr. Stephen Robins, Pam and Heather decided they would like to bring the amazing fragrance and healing powers of lavender to Fernandina. Their shop opened in 2017. To learn more about the many properties of lavender, visit [PelindabaLavender.com/ameliaisland](http://PelindabaLavender.com/ameliaisland).

### **Brenda C. Kayne**, YACEP, Yogapod Flow Instructor

Brenda has been teaching yoga since 2003. She is an EYT-500 (Experienced Yoga Teacher, 500 hours) and YACEP (Yoga Alliance Continuing Education Provider). She is the creator of the "Yogapod," a specialized ottoman for an active seated yoga practice. She has developed a yoga 'style' called "Yogapod Flow" which emphasizes a continuum of movement from the subtle to the broad by which anyone can enjoy the benefits of yoga. She leads classes at Community Yoga in downtown Fernandina at 210 Beech Street, on the beach, and in a variety of areas for private sessions.

Brenda is also a musician (M.M, George Washington University) and is a member, composer, and arranger for the local music ensemble, "Sonofarious".