

SELF-CARE FOR THE COLLEGE MUSIC STUDENT

Easy daily activities that will relieve stress and performance anxiety, grow your confidence, and boost your overall physical and emotional health.



Workshop is designed for all levels and is accessible to everyone

We've all lost a lot due to the pandemic. It's time to get back to being our healthiest selves.

Healthy and creative musicians enhance and inspire the world.

Join Jenni Brandon (composer, conductor, and certified yoga instructor) and Marianne Breneman (clarinetist, certified health/life coach, and meditation instructor) for an informative, inspiring, and fun session on all the things they wish they'd known in college and grad school!

Designed with the "student lifestyle" in mind, this 90-minute ZOOM session* will discuss and demonstrate yoga, breathwork, meditation, positive mindset, nutrition, sleep, social media, and partying. (Yes, really. We all blow off steam somehow!).

Participants will explore ways to integrate the care of the mind and body through healthy lifestyle choices; applying the principles of LEAN (lifestyle, exercise, attitude, nutrition). You will leave with practical new tools and strategies for developing their own wellness plan to incorporate into their daily lives. Handouts will be provided. We'll leave room for open discussion and Q&A.

Presented by



BLOOM YOGA
GROW YOUR PRACTICE

Jenni Brandon

Composer-Yoga Teacher (E-RYT 500, RPYT)



Marianne Breneman

Clarinetist-Health Coach

For booking and more information contact:

Marianne Breneman:

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Marianne Breneman enjoys a hyphenated career as a Clarinetist-Health Coach and is the owner of Mindful Health & Harmony LLC. She holds degrees from Michigan State University, Wayne State University, and the University of Cincinnati College-Conservatory of Music (CCM). She has enjoyed a diverse career in music; playing in orchestras throughout the Midwest and Southeast, participating in music festivals across North America, teaching at colleges and in her private studio, and playing in pits for musicals and touring shows. This diversity has allowed her the flexibility to pursue her passion for sharing health and wellness and she is committed to helping her clients live better lives through nutrition, exercise, and meditation and mindfulness. Marianne enjoys walking really fast, Pure Barre, yoga, travel, cooking, reading, and spending time with friends. She lives in Raleigh, North Carolina with her husband Brian and their three exuberant golden retrievers, Oliver Fiona, and Joey.

Visit **www.mindfulhealthandharmony.com** for more information.



Jenni Brandon is an award-winning composer, conductor, and Registered Yoga Teacher (E-RYT 500, RPYT) through Yoga Alliance. Based in California, Jenni is passionate about supporting people in their yoga practice and started Bloom Yoga to offer guidance for their yoga journey. Bloom Yoga offers private and small group classes of yoga (both in person and online), corporate yoga, as well as prenatal and postnatal yoga. When she is not on her mat, Jenni is commissioned to write music for soloists, chamber ensembles, concertos, opera and orchestra. Her music appears on over 20 albums, and has been awarded the Sorel Medallion, American Prize, Paderewski Cycle, Women Composers Festival of Hartford International Composition Competition, and Bassoon Chamber Music Composition Competition among others. She also presents workshops and talks on collaboration and the business of music, striving to create a supportive environment where collaboration leads to an exploration of ideas.

Visit **www.bloomyogapractice.com** and **www.jennibrandon.com** for more information.

*When the world gets back to “normal”, Marianne and Jenni are available for in-person sessions that incorporate their wellness and their musical expertise too.