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Friday, February 19, 2021

Volume 17 • Issue No. 8

“Anxiety and the Artist” Podcast Features York’s Glazebrook

YORK -

Former military officer and yoga instructor from York, David Glazebrook, is this week’s guest on “Anxiety and the Artist” podcast. Hosted by stage director Allison Sheff (Smokey Joe’s Café at Ogunquit Playhouse), whose family owns the Candleshop Inn at Short Sands Beach, the episode explores Glazebrook’s experience with PTSD and his journey to healing, as well as ways to manage anger and find peace amidst chaos. The episode is now available to stream on your favorite podcast listening app.



David Glazebrook is an author, yoga instructor, and professional emergency manager. He is a former military

officer with a Bachelors in Sociology, a Master’s in Business, and a Master’s in Homeland Security and Terrorism. After dealing with injuries and PTSD from his military career, David discovered yoga as a way to strengthen and calm his body, mind and soul. He eventually became a yoga instructor and is now the co-owner of Yoga on York.

Reflecting on this week’s interview, writer, director and host Sheff says, “My podcast explores artists relationship with anxiety while also offering insight and inspiration. One of the things that helped me mitigate

my own anxiety throughout the past year was practicing yoga on a regular basis. David was one of several teachers I took class with. When I learned about his experience with PTSD, how he struggled with his value and worth after having the one thing that defined him get taken away, it resonated with me. Due to an industrywide shutdown so many artists are struggling with their own identity and worth. I was inspired by how David took his disability and channeled it into creativity and ultimately a second career. He has handled a tremendous amount of adversity with grace and humor.”

Now in its third season, Anxiety and the Artist explores the artist’s relationship with anxiety, while offering insight and inspiration. This season’s focus is on coping during COVID-19, discovering and redefining our identities as artists, and anxiety and isolation in group dynamics. Past guests have included Olivier-nominated actor and advocate Sierra Boggess (The Little Mermaid, The Phantom of the Opera), former dancer turned eating disorder specialist George Livengood (Hello, Dolly!), per-

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forming artist and advocate Antoinette Comer (Smokey Joe's Café at Ogunquit Playhouse), and dancer turned therapist Lisa Gajda (Movin' Out, Tuck Everlasting).

Coming up this season, Sheff will interview Nicholas Kaminski (Composer and Music Director – Cabaret Tour), Caitlin Kinnunen (Tony Nominee, The Prom) Dria Brown (Broadway Advocacy Coalition), Bobby Steggart (Tony Nominee, Ragtime), and more to be announced at a later date.

All episodes of Anxiety and the Artist, including season one and two, are available wherever you stream your favorite podcasts and on www.anxiety-andtheartist.com.