

Featured in:

"Sawdust & Soul"

By Linda M. Brandt, Author & Illustrator



In a sun-dappled workshop nestled behind a row of painted wooden planks, a young woman named Ashley teaches the language of sawdust and sparks. Her hands, calloused from cutting, carving, and drilling move with a kind of reverent joy—like she's coaxing stories out of cedar and pine. She's not just building furniture. She's building people at her company, Free Your Mind. .



The Workshop of Wonder

Ashley's classes aren't your typical woodworking tutorials. Each session begins with a breath, a grounding moment, and a question: "What did you love to build as a child?" Her students—some shy, some skeptical—begin to remember. Blanket forts. Popsicle-stick castles. Cardboard spaceships, pirate ships, cityscapes and more. And slowly, they pick up power tools not as intimidating machines, but as keys to a forgotten kingdom.

She teaches them how to use a jigsaw like a dance partner, how to listen to the hum of a sander like a lullaby. Safety goggles become superhero masks. Measuring tape becomes a ribbon of possibility. In Ashley's world, every tool is a toy with purpose, and every mistake is a chance to laugh and try again.

Healing Through Creation

For many, woodworking becomes a way to reclaim what was lost. A woman who never felt strong enough to hold a drill now builds her own bookshelf. A man who was told he was clumsy now carves intricate dovetails. A teenager who never felt heard now designs a bench that tells her story in curves and grain.

Ashley believes that the inner child isn't something to outgrow—it's something to invite back in. "Wood doesn't judge," she says. "It just waits to be shaped." Her students begin to see themselves not as broken, but as unfinished. And with each project, they sand away shame, hammer through fear, and glue together new confidence.

The Legacy of Sawdust and Soul

By the end of each course, her students leave with more than a birdhouse or a coffee table. They leave with a sense of agency. Of play. Of pride. Ashley's workshop becomes a sanctuary—a place where power tools are instruments of healing, and woodworking is a form of soul craft.

She's not just teaching carpentry. She's teaching people how to build themselves back up, one plank at a time. For more information, reach out to Ashley by PH 904-770-7466 or email: fymstaugustine@gmail.com at Free Your Mind, 69A S. Dixie Hwy., St. Augustine, FL 32084.



Free Your Mind is proud to partner with Jam-ology Foundation and Compassionate St. Augustine. When you register for our Art Play School &/or Woodworking classes, 5% of your registration will be donated to Jam-ology Foundation to support healing thru creativity and 5% will be donated to Compassionate St. Augustine to further their mission of building a compassionate community





February 5, 2025

To Whom It May Concern,

I am pleased to write this letter of recommendation for Ashley Stull, a highly talented and creative individual whose diverse skill set and dedication to her craft make her an exceptional artist. I have had the privilege of observing Ashley's growth and development in various artistic fields, and I can confidently say that her abilities and passion for learning and teaching is remarkable.

Ashley has an extraordinary proficiency in a wide range of artistic techniques, including woodworking, mixed media, epoxy resin art, fluid art, and traditional painting. She is not only highly skilled with traditional tools and materials but also demonstrates a fearless approach to experimenting with new techniques. Her craftsmanship in woodworking, for instance, is impressive, as she works with power tools and large-scale projects with both precision and care. She has developed a keen eye for detail and an ability to turn simple pieces of raw material into stunning works of art.

In addition to her woodworking skills, Ashley has an exceptional command of fluid art and epoxy resin techniques. She skillfully uses color and texture to create dynamic, eye-catching pieces that are both beautiful and innovative. Her fluid art pieces are particularly striking, as they show her deep understanding of color theory, movement, and the science behind fluidity. Epoxy resin is another medium in which she excels, creating durable and functional art pieces with impressive depth and a glossy finish.

Ashley's artistic talent is matched by her strong work ethic and self-discipline. She approaches each project with a sense of curiosity and a commitment to continual learning and improvement. Whether she is tackling a large-scale woodworking project or experimenting with new resin techniques, she does so with a level of professionalism and enthusiasm that is truly inspiring.

It is without hesitation that I highly recommend Ashley Stull as a trainer and educator in all forms of art. Her wide range of talents, coupled with her drive and passion for learning, will undoubtedly contribute to her continued success in any future endeavors she pursues. She has the potential to make a lasting impact in the world of art and creativity.

Please feel free to contact me if you have any further questions.

Sincerely,

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Dear Patron of the Arts,

In a world that often rushes past wonder, it is rare to encounter someone who pauses long enough to plant it—who sees imagination not as escape, but as invitation. I write today in full-hearted endorsement of a young woman, Ashley Stull, whose work is doing just that: inspiring children and adults alike to become their most radiant, courageous selves through the transformative power of creativity.

We also extend our outreach to women in domestic violence shelters, providing creative healing workshops that inspire confidence, independence, and self-worth.

This effort is led by Ashley Stull, owner of Free Your Mind, who uses power tools in her own craft and brings a burning passion for especially helping women. With hands-on training of art, creativity, and power tools, Ashley empowers women to rebuild their confidence, gain practical life skills, and rediscover the best version of themselves. As well, through storytelling and playful outreach, she has become a gentle force of renewal in her community. Her programs invite young minds to build quietly, dream boldly, speak kindly, and act with purpose. Whether she's guiding a child through a puppet-led reflection on gratitude, or helping an adult rediscover joy through collaborative creation, her work is rooted in deep compassion and visionary spirit.

She is not only a teacher of imagination—she is its steward. And through her role as outreach director for Jam-ology Foundation, she ensures that these seeds of hope reach far beyond the classroom, touching neighborhoods, shelters, and hearts that need it most.

But like all gardens of grace, hers needs tending. The foundation she represents (Jam-ology) is expanding its reach, and financial support is vital to sustain and grow this work. Every donation—large or small—helps provide materials, mentorship, and moments of magic that ripple outward in lasting ways.

If you believe in the power of creativity to heal, uplift, and unite, as we at Jam-ology do, I urge you to support her mission. Your generosity will not only fund programs—it will fuel transformation.

As a 501 C 3, Jam-ology is able to provide you with a tax-deductible receipt for any and all donations. Thank you again for your help in our outreach, Free Your Mind.

With gratitude and great hope,

Linda M. Brandt

**Jam-ology President and Advocate for Free Your Mind Outreach
St. Augustine, FL**

Checks should be written to Jam-ology Foundation with Free Your Mind in the Memo Line.