

Expressive Arts @ 32nd & Thorn

Start the year with ART! Buy a PASS & SAVE! Expressive Arts helps you CHANGE your life! Try it! **JANUARY Offerings**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 START THE NEW YEAR WITH ART BUY a 30 DAY PASS! \$79*	2 *Open Studio 6:00-8:00 p.m.	3 *Art Lunch 12-1:30 p.m. *Open Studio 6:00-8:00 p.m.	4 *Art Aerobics 6:15-7:30 p.m. *Open Studio 7:30-9:00 p.m.	5 Yoga & Art 7-8:00 a.m. \$10, 1st class only \$5 Daily Art Practice Workshop 6-9:00 p.m. \$40 (See below)	6 Art of Qi - Mini Retreat 10:00 a.m.-5:00 p.m.	7
8 *Art Church 10 a.m.-Noon	9 *Open Studio 6:00-8:00 p.m.	10 *Art Lunch 12-1:30 p.m. *Open Studio 6:00-8:00 p.m.	11 *Art Aerobics 6:15-7:30 p.m. *Open Studio 7:30-9:00 p.m.	12 Yoga & Art 7-8:00 a.m. \$10 1st class only \$5	13 *OPEN MIKE NIGHT 7-9:00 p.m. Present or witness!	14
15 Voice Circle - 5 week group 3.30-6:00 p.m.	16 NO Open Studio NEW MOON COLLAGE WORKSHOP 6:30-8:30 p.m.	17 *Art Lunch 12-1:30 p.m. *Open Studio 6:00-8:00 p.m.	18 *Art Aerobics 6:15-7:30 p.m. *Open Studio 7:30-9:00 p.m.	19 Yoga & Art 7-8:00 a.m. \$10 1st class only \$5	20	21 The Dreaming Journal 10:00 a.m.-Noon 3rd Saturday @ 32nd & Thorn 4 - 8:00 p.m. FREE OPENING: Calling All Dolls
22 *Art Church 10 a.m.-Noon	23 *Open Studio 6:00-8:00 p.m.	24 *Art Lunch 12-1:30 p.m. *Open Studio 6:00-8:00 p.m.	25 *Art Aerobics 6:15-7:30 p.m. *Open Studio 7:30-9:00 p.m.	26 Yoga & Art 7-8:00 a.m. \$10 1st class only \$5	27 *Art Happy Hour 7-10:00 p.m.	28 The Dreaming Journal 10:00 a.m.-Noon
29 Voice Circle - 5 week group 3.30-6:00 p.m.	30 *Open Studio 6:00-8:00 p.m.	31 *Art Lunch 12-1:30 *Open Studio 6:00-8:00 p.m.	See back for THE DETAILS for REGULAR EVENTS			

UPCOMING SPECIALTY OFFERINGS (See back for MORE)

NO PREVIOUS ART EXPERIENCE
NEEDED FOR ANY OF OUR OFFERINGS!
Gift Certificates Available!

Growing Your Own DAILY Art Practice, Thursday, January 5th, 6:00 - 9:00 p.m. • RSVP, \$40. Starter Workshop. Have you had the idea that making some sort of art REGULARLY would feed your soul? AND, has it been difficult to get started or keep going? OR you don't know what project to do or where to start? I have learned what works for me and I want to help you learn what will work for you. Daily art practices can be in all disciplines of art: visual, dance, music, writing or drama. A small investment in living a BIG life! No previous art experience necessary. RSVP and for more information call/text 619-251-8474 or go to www.expressiveartssandiego.com/daily-art-practice

Art of Qi Retreat, Saturday, January 7th, 10:00 a.m - 5:00 p.m., \$95, includes materials, RSVP. This experiential workshop will use the ancient healing arts of Qigong and the Himalayan Singing Bowls in combination with Expressive Arts to help you listen more deeply to your body and your inner guidance. Spend the day effortlessly relaxing into a place where enhanced health, creative expression and sound vibration nurture, rejuvenate and support your body, mind and spirit. RSVP and for more information call/text 619-251-8474 or go to www.expressiveartssandiego.com/art-of-qi

Voice Circle - 5 weeks - Jan 15, 29, Feb 12, 19, 26 , 3.30 - 6:00 p.m., Cost: \$140 • With **Kathrin Keune** explore the rich, full, comfortable and re-sounding voice - a voice that is heard, a voice that finds balance, harmony and peace within self and together in the group. Join us for an adventure of singing, chanting, moving with the vibrations and allowing for space, freedom and roundness in your voice. RSVP kathrin@artsbased.com

NEW MOON COLLAGE WORKSHOP Monday, Jan. 16, 6:30 - 8:30 p.m., \$20, includes materials, RSVP. Let your subconscious mind reveal your heart's desires in this fun and enriching workshop! To tap the power of the upcoming (Jan. 23) Aquarius New Moon, which corresponds to the Helpful People gua in feng shui, we will collage our hopes and dreams onto a small but powerful vision board to inspire us all month. Join astrologer and feng shui practitioner Simone Butler to learn how to harness the magic of Aquarius to make your dreams come true. www.astrolalchemy.com

The Dreaming Journal: Intro January 21st & 28th, 10:00 a.m.-12:00 p.m., \$25/session with RSVP • \$40/both sessions • \$30 at the door. Turn an ordinary composition book into a series of dreamscapes using an intuitive, meditative collage process. Notice changes in your nighttime dream patterns and recall, as you "dream" in your journal, daily. Inspired by her own vivid dream life, Deb Ogburn is a visual and performance artist / creativity coach specializing in burnout intervention. For more information and to RSVP, contact Deb Ogburn (619)300-1798.



*Offerings included in the **30-Day Express Pass Only \$79.** (That is a \$335+ value if you come to them all!)
GREAT FOR GIFTS!
One Class Passes Available, too!

To RSVP and for more information call/text 619-251-8474 or rsvp@ExpressiveArtsSanDiego.com
www.ExpressiveArtsSanDiego.com
All events held at 3201 Thorn Street San Diego, 92104

MORE Upcoming Specialty Events All events use simple art offerings, don't worry - NO ART EXPERIENCE NEEDED!

3rd Saturday@32nd & Thorn, January 21st, 4:00 - 8:00 p.m. A FREE art opening.

Calling All Dolls - Show Opening - Commemorating the 17th year of workshops featuring original work of clients and friends since 1995 as well as new work by Lynn Dewart. Come help us celebrate at this long-awaited reunion.

Soul Doll Workshop Saturday, February 4, 2012 • 1-5:00 p.m. \$85 covers all materials including one of a kind handmade doll bodies that Lynn makes herself. Come make your own Soul Doll! **Lynn Dewart** shares her world of experience working with this art form. Join the hundreds of others who have shared in this exceptional process. Call 619-688-9781 for more information or to RSVP • LynnDewart.com

Soul Doll Open Studio Sunday, February 5, 2012 • 1-5:00 p.m. \$25 Open studio fee includes materials. Haven't finished a doll you began how many weeks, months, years ago? Come join us for an Open Studio workshop for those with a doll already in process. Call 619-688-9781 for more information or to RSVP • LynnDewart.com

Regular Events *Events included in the 30 Day Pass

* **Open Studio - Monday Tuesday & Wednesday!** See reverse calendar for times. Bring a project you are working on, finish a piece started in one of the our classes, or start something new. You will work on your own, we will be there to assist if needed. Drop in for all or a little. \$10.

* **Art Lunch Break - Every Tuesday**, 12 - 1:30 p.m., \$20. A mid-day attitude adjustment with art... a chance to play and learn about yourself in a different way. Bring lunch and come make art. I will have materials set out and you can come play.

* **Art Aerobics - Every Wednesday**, 6 - 7:15 p.m., \$15. Paint and boogie to the music! Release stress and tension from your day as well as get a little art workout! Move fast so the critic won't have time to jump in! Let the music get your paint brush moving to play with color at an aerobic pace!

YOGA & ART - Every Thursday - 7:00 - 8:00 a.m., \$10 (First class \$5 for newcomers) **Erica Rose** will help you greet your day with gentle sunrise yoga and an opportunity to do a small creative process to begin your day.

* **Open Mike Night - January 13th (Every Second Friday)** 7:00 - 9:00 p.m., \$10. Join other artists and present a piece in process or polished. If you don't have something ready to share, come be a receiver of the gifts and support other artists. All disciplines of the arts invited, visual, movement, writing, music and drama. Take the risk! Great way to start the weekend!

* **Art Happy Hour - January 27th, (Every 4th Friday)**, 7-10:00 p.m., \$15 Drop-in for all or a little. It is like Kindergarten for adults! Great way to start your weekend, I will have materials set out and you can come play, enjoy conversation or just relax.

* **Art Church-Art as a Spiritual Practice - Every 2nd and 4th Sunday** 10:00 a.m. - Noon, \$20. A chance to SLOW DOWN and be with yourself in a unique way, explore art making as a spiritual pursuit. We will use the arts to have a conversation with ourselves and connect to our longings and gifts. This is not about religion, yet in the inquiry you may choose to make connections to your religious beliefs.

One-on-One Sessions

To navigate life - NO ART EXPERIENCE NEEDED!

Individual Expressive Arts Sessions

1.5 hour for adults, 1 hour for children. Great support for your life to help you manage stress, create new change to live a more satisfying life or to just feel more artful. Working with all life issues such as anxiety, illness, work, relationship, parenting, grief, addictions, eating disorders, depression, stress, trauma, unresolved childhood issues and unblocking creativity. Work with individuals, couples and families. Can be playful and powerful. No previous art experience needed. Call for a free 30 minute consultation/session to see if it is a good fit for you. -Tish Sjoberg, M.A.

Call for an appointment: (619) 251-8474

This is an Expressive Arts Studio...

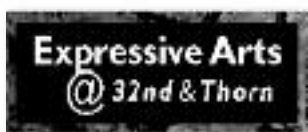
where we focus on the PROCESS of making art rather than the end product. Our goal is to create a safe place for you to use the arts to help you work through challenges, create change and have fun.

We believe that art is helpful, art is healing, art relaxes, art inspires, art changes us, art changes the world we live in and a whole lot more!

Visual • Movement • Music • Drama • Writing

BOOK NOW!

- **ART PARTIES for Your Organization - Facilitated artmaking that is easy, fun and creates community. All guests get to leave with art that they created (even if they think they can't do art!) You cater or we do. Can include painting, music, Karaoke, and more!**
- **Ask about facilitated ART CELEBRATIONS for birthdays, anniversaries, retirement, even memorial services.**
- **Design a custom ART HAPPY HOUR or, any of our offerings can be adapted for your group or company, great for team building!**
- **Studio rental available for your art making, workshops, classes or private practice.**



Please RSVP for all events and for more information: 619-251-8474 or rsvp@ExpressiveArtsSanDiego.com
All offerings held at **Expressive Arts @ 32nd & Thorn** • 3201 Thorn Street, San Diego, 92104
www.ExpressiveArtsSanDiego.com

©2011 Tish McAllise Sjoberg • Schedule subject to change, call to RSVP and confirm • Work/study available, no one turned away for lack of funds