

MAY Offerings

Expressive Arts—it's all about the process!
Make art to reduce stress, help, heal & have fun!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
RESERVE A DATE FOR YOUR BEST EVER ART HAPPY HOUR BIRTHDAY PARTY or CELEBRATION (We also do kids art parties!) No art experience needed by any of your guests!			1 *Art Aerobics 6:00-7:30 p.m. *Open Studio 7:30-9:00 p.m.	2 11:30 a.m. - 2:00 p.m. Old People's Google: Encyclopedia Project Viewing *Open Studio 7-9:00 p.m.	3	4
5 Expressive Movement for Adults 10-11:30 a.m.	6 Beginning Theatre for KIDS 4:30-5:30 p.m. Professional Resilience 7:-9:00 p.m.	7 *Women's Morning Expression Session 10-11:30 a.m.	8 *Art Aerobics 6:00-7:30 p.m. *Open Studio 7:30-9:00 p.m.	9 *Art Walk for Exercise 6:00- 7:00 p.m. *Open Studio 7-9:00 p.m.	10	11 Art of Wealth Visioning Workshop 1:00-3:00 p.m.
12 *Art Church 10 a.m.-Noon	13 Beginning Theatre for KIDS 4:30-5:30 p.m. Professional Resilience 7:-9:00 p.m.	14 *Women's Morning Expression Session 10-11:30 a.m.	15 *Art Aerobics 6:00-7:30 p.m. *Open Studio 7:30-9:00 p.m.	16 *Art Walk for Exercise 6:00- 7:00 p.m. *Open Studio 7-9:00 p.m.	17	18 3rd Saturday @ T-32 4 - 8:00 p.m. FREE EXHIBIT & ARTIST TALK Old People's Google: The Encyclopedia Project
19 Expressive Movement for Adults 10-11:30 a.m.	20 Beginning Theatre for KIDS 4:30-5:30 p.m.	21 *Women's Morning Expression Session 10-11:30 a.m.	22 *Art Aerobics 6:00-7:30 p.m. *Open Studio 7:30-9:00 p.m.	23 *Art Walk for Exercise 6:00- 7:00 p.m. *Open Studio 7-9:00 p.m.	24 *Art Happy Hour 7-11:00 p.m.	25
26 *Art Church 10 a.m.-Noon Noon - 2:00 p.m. Old People's Google: Encyclopedia Project Viewing	27	28 *Women's Morning Expression Session 10-11:30 a.m.	29 *Art Aerobics 6:00-7:30 p.m. *Open Studio 7:30-9:00 p.m.	30 Hula Hoop Workshop 9:00- 11:00 a.m. *Art Walk for Exercise 6:00- 7:00 *Open Studio 7-9:00 p.m.	31 NEW! Liam Clancy Live Performance 6:30 p.m., \$5	1 Liam Clancy Live Performance 6:30 p.m., \$5

UPCOMING SPECIALTY OFFERINGS

See back for **THE DETAILS** for
REGULAR EVENTS

NEW! **THE ART OF WEALTH - BUILDING A STRONG FOUNDATION!** Saturday, May 11th, 1:00- 3:00 p.m. \$20. This month **WHAT WOULD YOU DO IF MONEY WEREN'T AN ISSUE (PART 2) OR WHAT IF YOU HAVE ENOUGH?** A combination of education with Financial Adviser, Valerie Peck, and Expressive Arts with Tish to find our way to a happier and richer life that does not just include our bank account. Tools AND art, let's make money FUN! Call or email for RSVP! Call Tish at (619) 251-8474 or email her at tish@arthelpsartheals.com.

NEW! **FREE EXHIBIT -THE ENCYCLOPEDIA PROJECT: OLD PEOPLE'S GOOGLE -** Saturday, May 18th, 4:00- 8:00 p.m. 25+ artists were given "outdated" encyclopedias and asked to do ANYTHING with them. Come see what they did and hear the artists talk about what inspires them, what keeps them going, what was important about this project for them. You will also have a chance to make art! **Can also be viewed during Open Studios, May 2nd & 26th and by appt-call.**

NEW! **HULA HOOP WORKSHOP!** - Thursday, May 30th, 9:00 - 11:00 a.m. / \$30 includes materials. You will make your own hula hoop and get a lesson! Hula hooping is great for the inner core balance of your body. The movement you express while using a hula hoop can relieve stress and help balance your every day life. It is fun and rewarding! Seriously, go to work late and join us! Contact Rachael Schreiner at (619) 944-7794 or email rachael@schreiner@gmail.com

NEW! **DO YOU WANT TO WRITE A BOOK? 4 Week Support Group.** Thursdays in June, 7 - 8:30 p.m., \$84. 1.5 hour group to support you in your writing. Work through stuckness, celebrate successes & support others. Opportunities to write, read and have fun, too! Sure to be lots of laughter and a little blood, sweat and tears, too! Don't keep putting off that idea for a book, now is the time! Call Tish at (619) 251-8474 or email her at tish@arthelpsartheals.com.



*Offerings included in the
**30-Day
Express Pass
Only \$89.**
(That is a \$300+ 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@ExpressiveArts SanDiego.com
www.ExpressiveArts SanDiego.com

All events held at
Expressive Arts @ 32nd & Thorn
3201 Thorn Street, San Diego, 92104

SEE back for KIDS events!!!

Schedule subject to change, call to RSVP and confirm. • Work/study available for many events, no one turned away for lack of funds.

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3 NEW KIDS Classes!

BEGINNING THEATRE FOR KIDS - 6 WEEK CLASS - Mondays, through May 20th, 4:30 - 5:30 p.m. \$75 Join the group that's having so much fun - there's room for more ! We do drama games, dance and act out stories with costumes and props. The class is wonderful for shy children; no experience necessary. Instructed by Therese Rossi. MFA 619-528-9188

Paint, Draw, Sculpt - ART for KIDS-4 Week Class - Tuesdays, Beginning in June 3:30-4:30 p.m. \$75 for 4 classes - Materials included. Kids 6-10 years old. Paint, Sculpt and Draw! Beginners Welcome!! We will get all our senses involved, too! Instructed by Amy Vaughan, Professional Artist, MA Elementary Education. Contact Amy to register: (619) 507-8300 or Amy.vaughan@gmail.com

A ROBOT, A MONSTER, OR A PRINCESS AND THEIR CASTLE - 6 Week Class Fridays, Starting in June, 3:30 - 4:30 p.m., \$75 plus \$5.00 supply fee. Children 3rd - 6th grade design a boy or a girl robot from many shiny things, a monster or a princess from yarn and cloth, and of course their cozy home. This will be loads of fun! Contact Therese Rossi, MFA (619) 528-9188 for sign-up.

Regular Event Descriptions

*Events included in the 30 Day Pass

* **Open Studios - This month Wednesdays & Thursdays** - 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. NEW OPEN STUDIO 30 Day PASS - attend all open studios in 30 days for \$50. (\$120 value!)

* **Women's Expression Session - Every Tuesday**, 10 - 11:30 a.m., \$20. How are you at taking time for you? This is a morning attitude adjustment with art... you can take a de-stress work break, drop the kids at school and come play, return to your to-do list with a new outlook. I take care of the project & materials you just come play.

* **Art Aerobics - Every Wednesday**, 6:00 - 7:30 p.m., \$20. 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! (Price includes staying for Open Studio after!)

* **ART WALK FOR EXERCISE - Thursdays in May** - Light rain or shine. 6:00 - 7:00 p.m., \$10. Walk, get inspired and then do a small piece of art inspired by the walk. Get in shape, build community, make art! This could help you set up a routine to do it regularly on your own! No previous art experience needed. Wear walking shoes. 619-251-8474

* **Art Happy Hour - May 24th (Every 4th Friday)**, 7-11:00 p.m., \$20, Drop-in for all or a little. 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. Leave with original art that you created!

* **Open Mike Night - Next is Friday, July 12th**, 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! NO FEAR, supportive & caring.

* **Art Church - Art as an Inner Journey - Every 2nd and 4th Sunday** (Arrive 10 minutes early!) 10:00 a.m.-Noon, \$20. A chance to slow down and be with yourself and art making in a unique way. We use the arts to have a conversation with ourselves and connect to our longings and gifts. Not religious, yet you may choose to make connections to your religious beliefs.

Expressive Movement - Most 1st & 3rd Sundays (See calendar on front) 10:00-11:30 a.m. \$15. No previous experience needed, a safe space to move your body. No dance experience needed. Facilitated by Erika Malone, erikaviolet@gmail.com (No classes in July and August)

BOOK NOW!

- **CUSTOM WORKSHOPS for Your Organization - Facilitated artmaking that is easy, fun, creates community and can work with specific challenges of your organization.**
- **Ask about facilitated ART CELEBRATIONS for birthdays, anniversaries, retirement, even weddings and 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 workshops, classes or private practice.**

Expressive Arts Therapy & Coaching Sessions

With Individuals, Couples & Families

To navigate life

NO ART EXPERIENCE NEEDED!

1.5-hour for adults, 1-hour for children.

Great support for your life to help you manage stress, create 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, self esteem, unresolved childhood issues and unblocking creativity.

Can be playful and powerful.

Tish Sjoberg, M.A., CAGS
Expressive Arts Therapist & Coach

Free 30-minute test drive available to see if it is a good fit for you!

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

GREAT GIFT ITEMS!

30 Day Express Passes,

\$89 (\$230+ value)

NEW! 30 Day Open Studio Passes

\$50 (\$100 value)

One Class Passes

\$10 - \$20

Gift Certificates

Cards, Magnets and More!

Expressive Arts
@ 32nd & Thorn

Please RSVP for all events and for more information: 619-251-8474 or rsvp@ExpressiveArtsSanDiego.com
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©2012 Tish McAllise Sjoberg • Schedule subject to change, call to RSVP and confirm • Work/study available, no one turned away for lack of funds