



# APRIL REVISED 4/2/14 Offerings

It's a great month for a pass- 5 Tuesdays & 5 Wednesdays!

NO PREVIOUS ART EXPERIENCE NEEDED

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>BOOK A DATE NOW FOR YOUR BEST EVER BIRTHDAY PARTY or ART BASED CELEBRATION!</b> No art experience needed by your guests!		1 <b>NEW!</b> *Women's Morning Expression Session 10-11:45 a.m. <b>Memorabilia as Art Workshop</b> 6-9:00 p.m.	2 *Art Aerobics 6:00-7:30 p.m. *Open Studio 7:30-9:00 p.m.	3 <b>New Time!</b> *Open Studio 5-6:30 p.m.	4 <b>First Friday Talk: Growing Beyond the Trap of B&amp;W Thinking in Life &amp; Love</b> 7-9:00 p.m.	5 <b>David Pleasant Percussion Workshop</b> 10:00 a.m.- 1:00 p.m.
6	7 *Open Studio Noon-2:00 p.m. (Bring your lunch!)	8 <b>NEW!</b> *Women's Morning Expression Session 10-11:45 a.m. <b>Music Collective - Singers, Songwriters Musicians, Audience</b> 7-9:00 p.m.	9 *Art Aerobics 6:00-7:30 p.m. *Open Studio 7:30-9:00 p.m.	10 *Open Studio 5-6:30 p.m. <b>Sign up!</b> Ready for Love 8-wk Group Begins 7-9:00 p.m.	11 <b>*OPEN MIC</b> 7:30-9:00 p.m.	12 <b>♥♥♥ The Wounded Doll One Night Show FREE!</b> 5:53- 8:59 p.m.
13 *Art Church 10 a.m.-Noon	14 *Open Studio Noon-2:00 p.m. (Bring your lunch!)	15 *Women's Morning Expression Session 10-11:45 a.m.	16 *Art Aerobics 6:00-7:30 p.m. *Open Studio 7:30-9:00 p.m.	17 *Open Studio 5-6:30 p.m.	18	19 <b>3rd Saturday @ T-32 FREE! 4 - 8:00 p.m. Exhibit Opening Memorabilia as Art</b>
20	21 <b>NEW!</b> 6-week <b>MOSAIC Class Begins</b> 10:00 a.m.-1:00 p.m. *Open Studio Noon-2:00 p.m. (Bring your lunch!)	22 *Women's Morning Expression Session 10-11:45 a.m. <b>Music Collective - Singers, Songwriters Musicians, Audience</b> 7-9:00 p.m.	23 *Art Aerobics 6:00-7:30 p.m. *Open Studio 7:30-9:00 p.m.	24 *Open Studio 5-6:30 p.m.	25 <b>*Art Happy Hour</b> 7-11:00 p.m.	26
27 *Art Church 10 a.m.-Noon	28 6-week <b>MOSAIC Class Begins</b> 10:00 a.m.-1:00 p.m. *Open Studio Noon-2:00 p.m. (Bring your lunch!)	29 *Women's Morning Expression Session 10-11:45 a.m.	30 *Art Aerobics 6:00-7:30 p.m. *Open Studio 7:30-9:00 p.m.			*Offerings included in the <b>30-Day Express Pass Only \$89.</b> (That is a \$300+ value!)

## UPCOMING SPECIALTY OFFERINGS

See back for THE DETAILS for our REGULAR EVENTS

**NEW!** **Memorabilia as Art WORKSHOP** - Tuesday, April 1st, 6:00 - 9:00 p.m., \$35 each or both for \$60. A workshop to GET YOU STARTED! Our lives are filled with stories and physical evidence of those stories. Get out those letters, receipts, ticket stubs, photos, clothing, journals, collections, etc, and MAKE ART WITH THEM! You don't have to use it all, just some or one. Let that memory hang on your wall rather than be stuffed away in a box or drawer. We will brainstorm directions to take and get going! JOIN US! Info and RSVP: 619-251-8474 or tish@ExpressiveArtsSanDiego.com, payment holds your place.

**NEW!** **Growing Beyond the Trap of B&W Thinking in Life and Love** - April 4th, 7:00 - 9:00 p.m., \$10 suggested donation. Eric Sjoberg offers another talk to get you thinking and looking at new ways to be in your life. Join him for a thought provoking evening. This is the first in a new series of monthly First Friday Talks. (Not arts based.) For more information contact Eric at (610) 807-3042 or eric@ericsjoberg.com

**NEW!** **READY FOR (MORE) LOVE! 8 Week Group** - April 10th - May 28th, 7:00 - 9:00 p.m., \$320. For those who want to find a new relationship and those who want to take their current relationship deeper. We will use the arts to help see: what can we learn from where we have been? Where do we want to go? What do we need to get there? The path may be different for all of us. You will have the opportunity to experience more love in your life, for yourself, others, & learn more ways to express and maintain it. For men & women. Group size will be limited. For more info and to reserve your spot: 619-251-8474, tish@ExpressiveArtsSanDiego.com

**NEW!** **Memorabilia as Art Exhibit Opening - April 19th** 3rd Saturday, 4:00 - 8:00 p.m. Our lives are filled with stories and physical evidence of those stories. This show challenged artists to create art from memorabilia JOIN US and get inspired to make art out of your own saved treasures (that are often in boxes).

**NEW!** **MOSAIC SMALL PROJECT GROUP 6 WEEK CLASS STARTING APRIL 21st** Mondays, 10:00 a.m. - 1:00 p.m., \$250 + \$50 materials Sliding scale available for those in need. Great for those who have time during the day! You could even start making your holiday gifts! Great for seniors, too. Contact Cathy Sparks Lyons for more information! lyons\_c@yahoo.com or 619-301-9130.

See back for more!

Expressive Arts @ 32nd & Thorn

3201 Thorn Street, San Diego, 92104

www.ExpressiveArtsSanDiego.com • 619-251-8474

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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**From Memorabilia to ART - APRIL** Our lives are filled with stories and physical evidence of those stories. This show challenges you to find those letters, receipts, ticket stubs, photos, clothing, journals, collections, whatever and **MAKE ART WITH THEM!** You don't have to use it all, just some or one. Let that memory out to hang on your wall rather than be stuffed away in a box or drawer. (Think outside the box!) **JPEG photos by Sunday, April 6th. Show opening:** April 19, 2014, 4-8:00 p.m. • 619-251-8474 or tish@ExpressiveArtsSanDiego.com

**4th Annual Artists of North Park Show** If you live or work in the 92104 zip code, you are eligible to submit a piece for the show! Send photo with title, Your name, size and medium by June 8th. **Show opens** June 21st, 4-8:00 p.m. For more info and to send photos 619-251-8474 or tish@ExpressiveArtsSanDiego.com

(A \$15 donation to help cover hanging and opening costs is appreciated. Trade/work possibility, too)

**Regular Event Descriptions** \*Events included in the 30 Day Pass

\* **Open Studios - This month: Mondays, most 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. OPEN STUDIO 30 Day PASS-attend ALL open studios in 30 days for \$50. (\$150 value!)

\* **Women's Expression Session - Every Tuesday**, 10 - 11:45 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.

**The Music Collective - 2nd & 4th Tuesdays** 7:00 - 9:00 p.m., \$10 suggested donation. Singers, Songwriters, Musicians & Music Lovers, perform & collaborate with other musicians, singers & songwriters. Network, get feedback, book gigs & build a following. All levels welcome, beginners to experts. Audience welcome! Contact Marc Delgado (619) 634-7255 marc.delgado@rocketmail.com

\* **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 Happy Hour -April 25th (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!

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 \* **Open Mic Night - Friday, April 11th**, 7:30 - 9:00 p.m., \$10. Join other artists and present a piece in-process or polished. Or 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.  
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\* **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 make art from a slow quiet place, yet still be in community. We use the arts to have a conversation with ourselves and connect to our longings and gifts. This is NOT religious, yet you may choose to make connections to your religious beliefs.

**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**

- **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.**

**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



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  
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