



# AUGUST Offerings

**BOOK A DATE NOW FOR YOUR BEST EVER BIRTHDAY PARTY or HOLIDAY CELEBRATION!**  
No art experience needed by your guests!

**NO PREVIOUS ART EXPERIENCE NEEDED!**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>*Offerings included in the <b>30-Day Express Pass</b> (Only \$89, that is a \$300+ value!)</p>		<p><b>MOSAIC MONDAYS BEGIN AGAIN on September 6th!</b> 10:00 - 1:00 Call for details!</p>		<p>1 <b>Eric Sjöberg Talk</b> 7-9:00 p.m.</p>	<p>2 <b>Larry Coveney</b> FREE! 4 - 8:00 p.m. <b>CARDBOARD CREATIONS-</b> come make something!</p>
3	<p>4 <b>*Open Studio</b> Noon-2:00 p.m. (Bring your lunch!)  So You Want to Write a Book? 6:00 p.m. Call for info</p>	<p>5 <b>*Women's Morning Expression Session</b> 10-11:45 a.m.</p>	<p>6 <b>*Art Aerobics</b> 6:00-7:30 p.m.  <b>*Open Studio</b> 7:30-9:00 p.m.</p>	7	<p>8 <b>*Open Studio</b> 5-6:30 p.m.</p>	9
<p>10 <b>*Art Church</b> 10 a.m.-Noon</p>	<p>11 <b>*Open Studio</b> Noon-2:00 p.m. (Bring your lunch!)  So You Want to Write a Book? 6:00 p.m. Call for info</p>	<p>12 <b>*Women's Morning Expression Session</b> 10-11:45 a.m.  <b>*Music Collective - Singers, Songwriters Musicians, Audience</b> 7-9:00 p.m.</p>	<p>13 <b>*Art Aerobics</b> 6:00-7:30 p.m.  <b>*Open Studio</b> 7:30-9:00 p.m.</p>	<p>14 <b>NEW! *New Mom Art Escape</b> 10:30 a.m.- Noon  Sojourn Grace Collective Fundraiser 7-9:00 p.m.</p>	15	<p>16 <b>3rd Saturday @ T-32</b> FREE! 4 - 8:00 p.m. <b>CARDBOARD CREATIONS-</b> come make something!</p>
17	<p>18 <b>*Open Studio</b> Noon-2:00 p.m. (Bring your lunch!)  So You Want to Write a Book? 6:00 p.m. Call for info</p>	<p>19 <b>*Women's Morning Expression Session</b> 10-11:45 a.m.</p>	<p>20 <b>*Art Aerobics</b> 6:00-7:30 p.m.  <b>*Open Studio</b> 7:30-9:00 p.m.</p>	<p>21 <b>NEW! *New Mom Art Escape</b> 10:30 a.m.- Noon  <b>*Open Studio</b> 5-6:30 p.m.</p>	<p>22 <b>*Art Happy Hour</b> 7-11:00 p.m.</p>	23
<p>24 <b>*Art Church</b> 10 a.m.-Noon  Private Party 31  Private Party</p>	<p>25 <b>*Open Studio</b> Noon-2:00 p.m. (Bring your lunch!)  So You Want to Write a Book? 6:00 p.m. Call for info</p>	<p>26 <b>*Women's Morning Expression Session</b> 10-11:45 a.m.  <b>*Music Collective - Singers, Songwriters Musicians, Audience</b> 7-9:00 p.m.</p>	<p>27 <b>*Art Aerobics</b> 6:00-7:30 p.m.  <b>*Open Studio</b> 7:30-9:00 p.m.</p>	<p>28 <b>NEW! *New Mom Art Escape</b> 10:30 a.m.- Noon  <b>*Open Studio</b> 5-6:30 p.m.</p>	29	30

## UPCOMING SPECIALTY OFFERINGS:

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

**Eric Sjöberg Talk: Inner Parenting, Part 2** - Friday, August 1st, 7:00 - 9:00 p.m., \$10-\$20 Suggested Donation. Exploring the notion that we have not only an inner child, but the possibility of an inner parent. We will touch on the ways that these aspects of self have particular effects on our nervous systems, our physical tension, posture, & more. A thought provoking talk. (Not arts based.) (619) 807-3042 or eric@ericsjoberg.com

**NEW Bruised Portraits by Larry Coveney** - Saturday, August 2nd, 6:00 - 9:00 p.m., This collection of work is based on principles of using familiar imagery (codified) and cracking it out to reveal other truths within an analogue approach to color. After painting non-objective abstract, I now enjoy sharing those images that folks recognize and perhaps have some history with. "Larry is a prolific painter, committed to a painting a day, both he and his work are inspiring. Come meet Larry and see how his work changes the studio!" Tish McAllise Sjöberg

**Sign up!** **So You Want to Write a Book? ONE space available!** Mondays, 6:00 - 8:00 p.m., 8 week commitment \$200. An on-going two-hour group to support you in your writing. Work through stuck-ness, 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! Group size is limited, payment holds your spot. RSVP call Tish at (619) 251-8474 or email her at tish@ExpressiveArtsSanDiego.com.

**NEW \* New Mom Art Escape** Thursdays starting August 14th, 10:30 a.m. - Noon, \$20. (included in monthly pass) This NEW group is designed to help new moms get through overwhelm, postpartum challenges and adjust to the new role in their life without giving up themselves and their creative life. Be creative and bring that creativity to your new role! Mom's can bring their small babies, or find childcare so you can have time on your own. Note that the studio is not child proof. For more info: 619-251-8474, tish@ExpressiveArtsSanDiego.com

**Cardboard Creatures OPENING & FREE COMMUNITY WORKSHOP** Saturday, August 16th, 4-8:00 p.m. See what local artists have made and make something yourself! Kids and Adults are welcome to play, we will have artist helpers, too! **Artist call for entry**, Create a creature out of cardboard, (preferably from recycling). Should be able to hang on wall or from ceiling. Due 8/13. For more info: 619-251-8474

**Sign up!** **OPEN TO LOVE—8 Week Group** Starts Thursday, September 4th, 7:00-9:00 p.m., \$320. Register by August 15th and pay \$300. For those who want to find a new relationship and those who want to take their current relationship deeper in love. We will use the arts to explore and have fun! For men & women. Singles and Couples. Group size will be limited. For more info: 619-251-8474, tish@ExpressiveArtsSanDiego.com

## See back for more!

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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Expressive Arts @ 32nd & Thorn  
3201 Thorn Street, San Diego, 92104  
www.ExpressiveArtsSanDiego.com • 619-251-8474

NEW

**Ignite CHANGE Workshop** Saturday, September 6th, 10:00 a.m - 2:00 p.m., \$75 - Do you long to live a more meaningful life? To do work that feeds you? Have relationships that inspire and support? Live somewhere that nourishes you? Have vibrant health? Create a better world? True, change can be confusing and intimidating. But THIS is your life. The time is now! For more info: 619-251-8474, tish@ExpressiveArtsSanDiego.com

NEW

**Dreams (& Nightmares)—Painted Dream Book Workshop** with Donna Otter, Saturday, September 13th, 1:00 - 4:00 p.m., \$45. Surprise yourself and keep your dream imagery alive by playing with paint, paper, text and collage to make an 8 page artist's book. This is also a great way to hold and revitalize a significant letter, journal entry, poem, or even e-mail. Bring a night or daydream, handwritten or printed. Questions or Reservations: dotter336@gmail.com or call 619-546-4730

**Retreat Into Art.** Sunday, September 21st, 10:00 a.m. - 5:00 p.m., \$99 Early registration before August 24th, \$120 Register after August 24th. Take an entire day to reconnect with yourself! Slow down, sink in and experience an enriching renewal through art making, meditation, gentle movement, and reflection. Find relief from your hectic schedule, slow down and turn inward, enrich your self-care, and spend time in restorative art making. Facilitated by Francine Hoffman and Tish McAllise Sjoberg. Info: 619-251-8474, tish@ExpressiveArtsSanDiego.com

## Regular Event Descriptions

\*Events included in the 30 Day Pass

**\* Open Studios - This month: Mondays, 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!)

**Mosaic** -. Starting again on September 6th! 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. 6wks/\$300 includes materials.

**\* Women's Expression Session - Every Tuesday**, 10 - 11:45 a.m., on July 1st & 8th, 1:00 - 2:45 p.m. the rest of the month. \$20. How are you at taking time for you? This is an attitude adjustment with art... you can de-stress from work, 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 to relax & play.

**The Music Collective - 2nd & 4th Tuesdays** 7:00 - 9:00 p.m., \$10 appreciated 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 Tish, 619-251-8474, tish@ExpressiveArtsSanDiego.com

**\* Art Aerobics - Every Wednesday**, 6:00 - 7:30 p.m., \$20. Paint to 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!)

**Beginning Theatre For Kids - Back in September!** We do drama games, dance and act out stories with costumes and props. The class is wonderful for shy children; no experience necessary. Contact Therese Rossi, MFA at therese.rossi@yahoo.com or call 619-528-9188

**\* Art Happy Hour - August 22rd (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!

**\* 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.

♥♥ Skype Sessions Now Available. ♥♥

### 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!

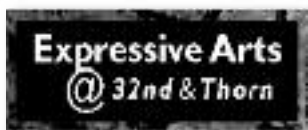
Call for an appointment: (619) 251-8474

BOOK NOW!

- CUSTOM WORKSHOPS for Your Organization - Facilitated artmaking that is easy, fun, creates community and can work with specific challenges of your organization. Also a great field trip for schools or scout troops.
- Facilitated ART CELEBRATIONS for birthdays, anniversaries, retirement, bachelorette parties, wedding showers, baby showers, even weddings and memorial services. Fun and memorable! No art experience needed!
- Custom ART HAPPY HOUR, Art Aerobics or, any of our offerings can be adapted for your family, 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 [www.ExpressiveArtsSanDiego.com](http://www.ExpressiveArtsSanDiego.com) • [info@ExpressiveArtsSanDiego.com](mailto:info@ExpressiveArtsSanDiego.com)

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