


September 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
	1 CLOSED for Labor Day (Make art at home or at your picnics!)	2 *Women's Morning Expression Session 10-11:45 a.m.	3 *Art Aerobics 6:00-7:30 p.m. *Open Studio 7:30-9:00 p.m.	4 NEW! *New Mom Art Escape 10:30 a.m.- Noon *Open Studio 5-6:30 p.m. OPEN to LOVE 8 week Group Begins 7:00 p	5 Anna Celestino Talk Booksigning & Reception - Free! 7-9:00 p.m.	6 IGNITE CHANGE Workshop 10:00 a.m.-2:00 p.m.
7	8 *Open Studio Noon-2:00 p.m. (Bring your lunch!) So You Want to Write a Book? 6:00 p.m. Call for info	9 *Women's Morning Expression Session 10-11:45 a.m. *Music Collective - Singers, Songwriters Musicians, Audience 7-9:00 p.m.	10 *Art Aerobics 6:00-7:30 p.m. *Open Studio 7:30-9:00 p.m.	11 NEW! *New Mom Art Escape 10:30 a.m.- Noon *Open Studio 5-6:30 p.m.	12 Eric Sjoberg Talk 7-9:00 p.m.	13 PAINTED DREAM BOOK Workshop 1:00 -4:00 p.m.
14 *Art Church 10 a.m.-Noon	15 Mosaic Mondays 10:00 a - -1:00 p *Open Studio Noon-2:00 p.m. (Bring your lunch!) So You Want to Write a Book? 6:00 p.m. Call for info	16 *Women's Morning Expression Session 10-11:45 a.m. Playback Theater Performance for Studio Regulars 7:30-9:00 p.m.	17 *Art Aerobics 6:00-7:30 p.m. *Open Studio 7:30-9:00 p.m.	18 NEW! *New Mom Art Escape 10:30 a.m.- Noon *Open Studio 5-6:30 p.m.	19	20 3rd Saturday @ T-32 FREE! 4 - 8:00 p.m. CARDBOARD CREATIONS- come make something!
21 RETREAT INTO ART Day of Art & Renewal 10:00 a.m. -5:00 p.m.	22 Mosaic Mondays 10:00 a - -1:00 p *Open Studio Noon-2:00 p.m. (Bring your lunch!) So You Want to Write a Book? 6:00 p.m. Call for info	23 *Women's Morning Expression Session 10-11:45 a.m. *Music Collective - Singers, Songwriters Musicians, Audience 7-9:00 p.m.	24 *Art Aerobics 6:00-7:30 p.m. *Open Studio 7:30-9:00 p.m.	25 NEW! *New Mom Art Escape 10:30 a.m.- Noon *Open Studio 5-6:30 p.m.	26 *Art Happy Hour 7-11:00 p.m.	27
28 *Art Church 10 a.m.-Noon	29 Mosaic Mondays 10:00 a - -1:00 p *Open Studio Noon-2:00 p.m. (Bring your lunch!) So You Want to Write a Book? 6:00 p.m. Call for info	30 *Women's Morning Expression Session 10-11:45 a.m.			*Offerings included in the 30-Day Express Pass (Only \$89, that is a \$300+ value!)	

UPCOMING SPECIALTY OFFERINGS:

See back for THE DETAILS for our REGULAR EVENTS

NEW! * **New Mom Art Escape** Thursdays, 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

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

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,

Eric Sjoberg Talk: The Language of Sensation-Friday, September 12th, 7:00 - 9:00 p.m., \$10-\$20 Suggested Donation. Sensation can help us to become more present in the moment, and in what is important in life. How do we become more skilled in the language of sensation amidst a world where there is so little language? A thought provoking talk. (Not arts based.) (619) 807-3042 or eric@ericsjoberg.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 RSVP: dotter336@gmail.com or call 619-546-4730 **"Don't miss this chance to work with Donna while she is in town from Portland!"** -Tish

NEW! **Retreat Into Art.** Sunday, September 21st, 10:00 a.m. - 5:00 p.m., \$120. 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 **ONLY A FEW SPOTS LEFT!**

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

Cardboard Creatures A FREE COMMUNITY WORKSHOP Saturday, September 20th, 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! For more info: 619-251-8474

Sign up!

So You Want to Write a Book? 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.

ARTIST CALL FOR ENTRY: BRAS FOR A CAUSE - FUNDRAISER Create something that looks like a bra, is made from a bra, is inspired by a bra for this fundraiser to support Breast Cancer. Work will be sold to fund a local Breast Cancer Cause. Art due by Tuesday, October 14th. **Show Opening Saturday, October 18th, 6-9:00 p.m.** \$15 donation toward hanging and opening costs appreciated. For more info: 619-251-8474

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 Mondays - Starting again on September 15th! 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.

Theatre & Art for KIDS - Mondays starting soon! 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

*** 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!)

*** New Mom Art Escape - Every Thursday**, 10:30 a.m. - Noon, \$20. Designed to help moms get through overwhelm, postpartum challenges and adjust to the new role in their life without giving up themselves and their creative life. 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.

*** Art Happy Hour - September 26th (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

Expressive Arts
32nd & Thorn

Please RSVP for all events and for more information: 619-251-8474 or rsvp@ExpressiveArtsSanDiego.com
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