



# October 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!**

Open Studios are FREE this month for those working on a Bras for the Cause Entry!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		*Offerings included in the <b>30-Day Express Pass (Only \$89, that is a \$300+ value!)</b>		1 *Art Aerobics 6:00-7:30 p.m. *Open Studio 7:30-9:00 p.m.	2 <b>NEW!</b> *New Mom Art Escape 10:30 a.m.- Noon	3 <b>Eric Sjoberg Talk</b> 7-9:00 p.m.
5 <b>NEW!</b> Oil Painting 6-9:00 p.m.	6 <b>Mosaic Mondays</b> 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	7 *Women's Morning Expression Session 10-11:45 a.m. *Open Studio 5-6:30 p.m.	8 *Art Aerobics 6:00-7:30 p.m. *Open Studio 7:30-9:00 p.m.	9 <b>NEW!</b> *New Mom Art Escape 10:30 a.m.- Noon	10	11
12 *Art Church 10 a.m.-Noon *Open Studio 1:00-3:00 p.m. <b>NEW!</b> Oil Painting 6-9:00 p.m.	13 <b>Mosaic Mondays</b> 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	14 *Women's Morning Expression Session 10-11:45 a.m. *Music Collective - Singers, Songwriters Musicians, Audience 7-9:00 p.m.	15 *Art Aerobics 6:00-7:30 p.m. *Open Studio 7:30-9:00 p.m.	16 <b>NEW!</b> *New Mom Art Escape 10:30 a.m.- Noon	17	18 <b>3rd Saturday @ T-32</b> FREE! 5 - 9:00 p.m. <b>BRAS FOR A CAUSE</b> Breast Cancer Fundraiser
19 <b>NEW!</b> Oil Painting 6-9:00 p.m.	20 <b>Mosaic Mondays</b> 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	21 *Women's Morning Expression Session 10-11:45 a.m. *Open Studio 5-6:30 p.m.	22 *Art Aerobics 6:00-7:30 p.m. *Open Studio 7:30-9:00 p.m.	23 <b>NEW!</b> *New Mom Art Escape 10:30 a.m.- Noon	24 <b>*Art Happy Hour</b> 7-11:00 p.m.	25 <b>Hand Sewn Doll Workshop for Adults</b> 10am-2:00 p.m. <b>Private Event in evening</b>
26 *Art Church 10 a.m.-Noon <b>NEW!</b> Oil Painting 6-9:00 p.m.	27 <b>Mosaic Mondays</b> 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	28 *Women's Morning Expression Session 10-11:45 a.m. *Music Collective - Singers, Songwriters Musicians, Audience 7-9:00 p.m.	29 *Art Aerobics 6:00-7:30 p.m. *Open Studio 7:30-9:00 p.m.	30 <b>NEW!</b> *New Mom Art Escape 10:30 a.m.- Noon	31	<b>Sunday, Nov. 2nd KM2 Breast Cancer Fundraising House Concert</b> 2:00 - 4:00 p.m., \$30

## UPCOMING SPECIALTY OFFERINGS:

See back for THE DETAILS for our REGULAR EVENTS

**NEW!** **Eric Sjoberg Talk: Hunger: from Infancy to Intimacy**—Friday, October 3rd, 7:00 - 9:00 p.m., \$10-\$20 Suggested Donation. Whether we are hungry for sex, cookies, connection, or spirit, we all have a sense of the drives within us, and how powerful they are. How do we untangle these hungers in a way that leads us to healthy dances with sexuality, food, relationship and spirit? Join us for an exploration of the sensations and roots of hunger in our lives. A thought provoking talk and discussion. (Not arts based.) (619) 807-3042 or eric@ericsjoberg.com

**NEW!** **Oil Painting the Expressive Arts Way** 6 Sundays starting October 5th, 6:00 - 9:00 p.m., \$190 plus supplies. A supply list will be sent upon registration. If you've loved exploring without restraint but would like to build some skills this is a great opportunity. We'll cover the basics : learn about good composition, how to lay in dark and light values, color mixing and the joy of pushing paint around on a canvas. We'll work with both realism and abstraction. A fun and supportive class! Contact Therese Rossi, MFA at therese.rossi@yahoo.com or call 619-528-9188

**NEW!** **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 **Breast Cancer Angels** in San Diego. Art due by Tuesday, October 14th. **Show Opening Saturday, October 18th, 5-9:00 p.m.** All profits go to **Breast Cancer Angels** to serve day-to-day needs (like food, gas, shelter) for patients with stage 4 breast cancer, right here in San Diego. Did you know that many women who survive stage 4 breast cancer end up homeless due to the financial impact of being in treatment? Visit [www.breastcancerangels.org](http://www.breastcancerangels.org) to learn more.

**NEW!** **Yarn Wrap Doll Workshop for Adults** Saturday, October 25th, 10:00 a.m. - 2:00 p.m., \$75 includes delectable supplies. Join me for this incredibly fun, relaxing day of creating a doll with yarn and hand sewing. There is something deeply satisfying about making a doll, an effigy of some sort which you hold in your hand. Your inner diva, witch, queen or monster is eager to emerge! I warn you – you won't want to stop! Contact Therese Rossi, MFA at therese.rossi@yahoo.com or call 619-528-9188

**NEW!** **HOUSE CONCERT FOR BREAST CANCER with KM2** November 2nd, \$30, Limited size audience! Listen to Kevin & Mick's fabulous guitar and cello music, and spend an intimate afternoon with the musicians while doing good!. Visit [www.km2band.com](http://www.km2band.com) to learn more about these fabulous musicians. All profits go to **Breast Cancer Angels** to serve day-to-day needs (like food, gas, shelter) for patients with stage 4 breast cancer, right here in San Diego. Did you know that many women who survive stage 4 breast cancer end up homeless because of the financial impact of being in treatment? Email for the PayPal Link to buy tickets: 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](http://www.ExpressiveArtsSanDiego.com) • 619-251-8474

BACK!

**Gyroscopic Riddim 2 !!! - A Percussion Exploration Workshop** - Sunday, November 16th 1:00 - 4:00 p.m., \$75 master percussionist/scholar **David Pleasant**, presents a hands-on study of rhythm, syncopation, and body movement that will help you enhance your overall rhythmic sensitivity. David will have everyone singing, moving, playing and making a joyful noise! To learn more about David go to: [www.davidpleasant1.com](http://www.davidpleasant1.com) To RSVP to [lyons\\_c@yahoo.com](mailto:lyons_c@yahoo.com)

Join Us!

**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](mailto:tish@ExpressiveArtsSanDiego.com).

## Regular Event Descriptions

\*Events included in the 30 Day Pass

**\* Open Studios - This month: Mondays, Wednesdays &...** 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. (\$120 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](mailto:lyons_c@yahoo.com) or 619-301-9130. 6wks/\$300 includes materials.

**KIDS Classes** - Contact Therese Rossi, MFA to see what is happening! Call 619-528-9188 or email [therese.rossi@yahoo.com](mailto:therese.rossi@yahoo.com) or

**\* Women's Expression Session - Every Tuesday**, 10 - 11:45 a.m., \$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 relax. play in the arts and maybe have an insight that helps create change!

**\* 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](mailto: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 - October 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!

**\* 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 & Phone Sessions, too. ♥♥

### 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](mailto: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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