



November 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 |
|---|---|--|--|--|---|--|
| Mosaic Holiday Gifts Make a different gift each week. Discounted rates thru December! Mondays 10am-1pm - \$40 per class Tuesdays 7-9 pm - \$20 per class Includes all the materials for 1 gift per session | | *Open Studios EVERY Monday, Tuesday & Wednesday IN NOVEMBER See times below. | 30 Day Express Pass | *Offerings included in the 30-Day Express Pass (Only \$89, that is a \$300+ value!) | | 1 |
| 2 KM2 Breast Cancer Fundraising House Concert 2:00 - 4:00 p.m., \$30 | 3 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 | 4 *Women's Morning Expression Session 10-11:45 a.m. Evolution of LOVE 7:00-9:00 p.m. | 5 *Art Aerobics 6:00-7:30 p.m. *Open Studio 7:30-9:00 p.m. | 6 *Mom Art Escape 10:30 a.m.- Noon | 7 Eric Sjöberg Talk 7-9:00 p.m. | 8 Affirmation Card Workshop 1:00 -5:00 p.m. |
| 9 *Art Church 10 a.m.-Noon David Pleasant: Ancient Futures 1:00-4:00 p.m. | 10 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 | 11 *Women's Morning Expression Session 10-11:45 a.m. *Open Studio 5-6:30 p.m. *Music Collective - 7-9:00 p.m. Mosaic Holiday Gifts 7-9:00 p.m. | 12 *Art Aerobics 6:00-7:30 p.m. *Open Studio 7:30-9:00 p.m. | 13 *Mom Art Escape 10:30 a.m.- Noon | 14 | 15 3rd Saturday @ T-32 FREE! 5 - 9:00 p.m. BRAS FOR A CAUSE Breast Cancer Fundraiser |
| 16 David Pleasant: Percussion Workshop 1:00-4:00 p.m. | 17 *Open Studio Noon-2:00 p.m. (Bring your lunch!) So You Want to Write a Book? 6:00 p.m. Call for info | 18 *Women's Morning Expression Session 10-11:45 a.m. *Open Studio 5-6:30 p.m. Mosaic Holiday Gifts 7-9:00 p.m. | 19 *Art Aerobics 6:00-7:30 p.m. *Open Studio 7:30-9:00 p.m. | 20 *Mom Art Escape 10:30 a.m.- Noon | 21 Soul Collage Workshop 6:00 - 9:00 p.m. | 22 Messages from the Muse A Painting Workshop 9:00 a.m.-4:00 p.m. |
| 23 *Art Church 10 a.m.-Noon 30 | 24 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 | 25 *Women's Morning Expression Session 10-11:45 a.m. *Open Studio 5-6:30 p.m. *Music Collective - 7-9:00 p.m. Mosaic Holiday Gifts 7-9:00 p.m. | 26 *Art Aerobics 6:00-7:30 p.m. *Open Studio 7:30-9:00 p.m. | 27 Happy Thanksgiving! We are closed, make art with your family or friends! | 28 *Art Happy Hour 7-11:00 p.m. | 29 |

UPCOMING SPECIALTY OFFERINGS:

See back for THE DETAILS for our REGULAR EVENTS

NEW! Evolution of Love: Barefoot on Stage ~ Lets Talk About Love! Tuesday, November 4th, 7:00 - 9:00 p.m., \$10-\$20 Suggested Donation
 Moving from the Mind to the Heart. Are you living life fully expressed from your Heart? Would you like to express more how you feel from your Heart? Would you like to learn how to listen and express from your Heart? Come join us for an evening of heart to heart! It will be a loving dialogue, full of practical tools you need for your journey! For more info: www.evoth.org, or email Patricia and Bill at yes.evolutionoftheheart@gmail.com

NEW! Affirmation Card Workshop- A Soulful Story... Saturday, November 8th, 1:00 - 5:00 p.m., \$45 - includes materials. Have you ever wished for an Oracle Deck especially for you? Are you craving an additional tool in working with your internal critic? Join this Intentional Creativity Workshop to transform old stories into a soulful story through hand painted Affirmation Cards. Participants will leave with a set of 14-16 Cards to be used as a tool to hold the new story you are creating. For info and RSVP contact Sarah Karpicus at worksinprogress@gmail.com.

NEW! All Ways Now! / Ancient Futures - Sunday, November 9th 1:00 - 4:00 p.m., \$10, master percussionist/scholar **David Pleasant**, presents a participatory arts dialogue (about and with the arts)— In the first of this west-coast series of planned gatherings, we will explore time from an indigenous cultural perspective and it's relevance today, it's influence in music/rhythm and society as a whole. Presentation, demonstration, participation and dialogue. To learn more about David go to: www.davidpleasant1.com To RSVP to lyons_c@yahoo.com

BRAS FOR A CAUSE SHOW - FUNDRAISER - Artist Talk & Performances - Saturday, November 15th, 5-9:00 p.m. Silent auction, raffle and more! All profits go to **Breast Cancer Angels** who give San Diego stage 4 breast cancer patients financial and emotional support. Did you know that many women who survive stage 4 breast cancer end up homeless or bankrupt due to the financial impact of being in treatment?

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 To RSVP to 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! Don't keep putting off that idea for a book, now is the time! RSVP call Tish at (619) 251-8474 or email her at 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!

INTRODUCTION TO SOULCOLLAGE® "DISCOVER YOUR WISDOM, CHANGE YOUR WORLD." Friday, November 21st, 6-9:00 p.m., \$29.00 includes materials. Pre-registration required by November 20th. Have fun with art, visual images, and intuition while you experience a transformative journey of self-discovery with the process of SoulCollage®. SoulCollage® has spiritual depth and is unique because of a technique that is used to speak from the images. RSVP by 11/20/14 to Sherry Eberwein, sherry@rokartystudio.com or (619) 887-0055

NEW!

Messages from the Muse —A Painting Workshop Saturday, November 22nd, 9:00 a.m.-5:00 p.m., \$97- includes materials. I invite you to join me in an Intentional Creativity painting process. The workshop is designed to connect you with your internal navigation system: the voice of your Muse. We will use a combination of painting and writing to create spaces for the Muse's messages as well as a face inspired by her presence. No experience necessary: hand pen and brush to your muse! For info and RSVP contact Sarah Karpicus at worksinprogress@gmail.com.

NEW!

Oil Painting the Expressive Arts Way 6 Sundays 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

Regular Event Descriptions

*Events included in the 30 Day Pass

*** Open Studios - This month: Mondays, Tuesdays & 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 Classes - Mondays 10 a.m.-1:00 p.m., \$40. **Tuesdays** 7-9:00 p.m., \$20. Cost includes materials for one project each session. Get your holiday gifts made! Great for seniors, too. Contact Cathy Sparks Lyons for more information& RSVP: lyons_c@yahoo.com or 619-301-9130.

KIDS Classes - Contact Therese Rossi, MFA to see what is happening! Call 619-528-9188 or email 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

*** 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!)

*** Mom Art Escape - Every Thursday**, 10:30 a.m. - Noon, \$20. Designed to help moms get through overwhelm, postpartum challenges and life as a mother without giving up themselves and their creative life. Mom's can bring their young babies, or find childcare so you can have time on your own. Open to moms with kids of all ages. Note that the studio is NOT child proof.

*** Art Happy Hour - November 28th (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 spiritual beliefs.

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.**

♥♥ 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

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
All offerings held at **Expressive Arts @ 32nd & Thorn** • 3201 Thorn Street, San Diego, 92104
www.ExpressiveArtsSanDiego.com • info@ExpressiveArtsSanDiego.com

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