



# January Offerings

**START THE YEAR WITH THE ARTS!!!!**

**NO PREVIOUS ART EXPERIENCE NEEDED!**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	*Offerings included in the <b>30-Day Express Pass (Only \$89, that is a \$300+ value!) MAKES A GREAT GIFT!</b>		Special New Year's Eve Event <b>NEW</b> Release the Old, Welcome the New 6:00 - 9:00 p.m.	1 Closed for New Year's Day, make art at home!	2	3
	5 Mosaic Mondays 10:00 am-1:00 pm <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	6 *Women's Morning Expression Session 10-11:45 a.m. <b>NEW</b> Restorative Yin Yoga 5:30-6:45 p.m. Mosaic 7-9:00 p.m.	7 *Yin Yoga 10:00- 11:30 a.m. <b>NEW</b> *Art Aerobics 6:00-7:30 p.m. <b>*Open Studio</b> 7:30-9:00 p.m.	8 *Mom Art Escape 11:00 a.m.- 12:30 p.m.  Visioning Journal 4-wk Group 7:00-9:00 p.m.	9	10 Tantric Embodiment Experience 5:00-7:00 p.m.
11 *Art Church 10 a.m.-Noon	12 Mosaic Mondays 10:00 am-1:00 pm <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	13 *Women's Morning Expression Session 10-11:45 a.m. <b>NEW</b> Restorative Yin Yoga 5:30-6:45 p.m. <b>*Music Collective</b> -7-9:00 p.m.	14 Moveable Collage 10:00 a.m.- Noon <b>NEW</b> *Art Aerobics 6:00-7:30 p.m. <b>*Open Studio</b> 7:30-9:00 p.m.	15 Exploring Memoir 3:00 - 5:00 p.m. <b>NEW</b> Visioning Journal 4-wk Group 7:00-9:00 p.m.	16	17 <b>NEW</b> What's Your Story (& Who is Telling it?) 2:00 - 5:00 p.m.  3rd Saturday @ T-32 6 - 9:00 p.m. FREE! Lost & Found Paula Thomas Reception & Artist Talk
18	19 Mosaic Mondays 10:00 am-1:00 pm <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	20 *Women's Morning Expression Session 10-11:45 a.m. <b>NO Yoga Tonight!</b> <b>Private Event in evening</b>	21 *Yin Yoga 10:00- 11:30 a.m. <b>NEW</b> *Art Aerobics 6:00-7:30 p.m. <b>*Open Studio</b> 7:30-9:00 p.m.	22 *Mom Art Escape 11:00 a.m.- 12:30 p.m.  Visioning Journal 4-wk Group 7:00-9:00 p.m.	23 *Art Happy Hour 7-11:00 p.m.	24 Play with Perfection 10:00 am-4:00pm  Eric Sjoberg Talk 7-9:00 p.m.
25 *Art Church 10 a.m.-Noon	26 Mosaic Mondays 10:00 am-1:00 pm <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	27 *Women's Morning Expression Session 10-11:45 a.m. <b>NEW</b> Restorative Yin Yoga 5:30-6:45 p.m. <b>*Music Collective</b> -7-9:00 p.m.	28 *Yin Yoga 10:00- 11:30 a.m. <b>NEW</b> *Art Aerobics 6:00-7:30 p.m. <b>*Open Studio</b> 7:30-9:00 p.m.	29 *Mom Art Escape 11:00 a.m.- 12:30 p.m.  Visioning Journal 4-wk Group 7:00-9:00 p.m.	30 *5th Friday Open Studio 7:00-9:00 p.m.	31

## UPCOMING SPECIALTY OFFERINGS:

See back for THE DETAILS for our REGULAR EVENTS

- NEW** **Visioning Journal Group** 4-Week Group-Thursdays, January 8, 15, 22, 29, 7- 9:00 p.m. \$99 plus \$25 materials cost. Set your intentions for 2015 and create a visioning practice to feed your creative spirit AND work toward your intentions! This can become a life-long practice that is vibrant, personal and satisfying. Materials provided. No experience needed. Contact Tish for info 619-251-8474. RSVP by 1/5/15 if possible.
- NEW** **Restorative Yin Yoga with Mandala Art** Tuesdays, 5:30-6:45 p.m., \$10/class. Take time to take care of YOU! Relax & unwind with Restorative Yin yoga followed by creating a mandala art card on your experience. Leave feeling calm, relaxed and peaceful. No past experience needed. For more information go to [www.innerlightarts.org](http://www.innerlightarts.org) or contact Lauren at [lauren@innerlightarts.org](mailto:lauren@innerlightarts.org) or 619-955-3554 with any questions.
- NEW** **Yin Yoga with Mandala Art** Wednesdays, 10-11:30 a.m., \$10/class. Yin yoga is a slow-paced meditative style of yoga which applies moderate stress to the connective tissues—the tendons, fascia, and ligaments—with the aim of increasing circulation in the joints and improving flexibility. No experience needed. Info: [www.innerlightarts.org](http://www.innerlightarts.org) or contact Lauren at [lauren@innerlightarts.org](mailto:lauren@innerlightarts.org) or 619-955-3554.
- NEW** **The Tantric Embodiment Experience with Elaena Flow** Saturday, January 10th, 5-7:00 p.m., \$20, Clear space for more enjoyment, sensuality, creativity and passion in your body & life. Connect more deeply. Learn powerful tools for Tantric Embodiment. Transform into a more expanded, joyful, confident, expressive and connected version of yourself. RSVP Flow at 858-414-7250 [elaenaflow@gmail.com](mailto:elaenaflow@gmail.com) • [www.Be-Embodied.com](http://www.Be-Embodied.com)
- NEW** **Moveable Collage** Wednesday, January 14th, 10-noon, \$20. Start a collage that is ever-changing, ever-growing, a tool for creative launching, meditation, and relaxation. For more info or to register, contact Donna at [dotter336@gmail.com](mailto:dotter336@gmail.com) or call 619-546-4730.
- NEW** **Exploring Memoir Writing** Thursday, January 15th, 3-5:00 p.m., \$20. Donna Otter will share resources, exercises, and yes, we will write! For more info or to register, contact Donna at [dotter336@gmail.com](mailto:dotter336@gmail.com) or call 619-546-4730.
- NEW** **What's Your Story (& Who is Telling it?)** Saturday, January 17th, 2:00 - 5:00 p.m., \$60. We will explore the character(s) of your story, experimenting with narrative voice to find who is best suited to deliver your personal message. In addition to writing, we will play with other art modalities. All levels of writing welcome. For more info or to register, contact Donna at [dotter336@gmail.com](mailto:dotter336@gmail.com) or call 619-546-4730
- NEW** **Playing with Perfection-Exploring, Imperfection, Perfection, the Critic and Creativity** Saturday, January 24th, 10:00 a.m. - 4:00 p.m., \$95 before 1/15, \$115 after. Hampered by perfectionism, wish you could let go and play, discouraged by a mean inner critic or curious about the difference between making art with an end result in mind, and just making art to see where it goes? Tish and Donna Otter, will explore all of this with you, through a variety of art processes. RSVP: call or text 619-251-8474 or email [tish@ExpressiveArtsSanDiego.com](mailto:tish@ExpressiveArtsSanDiego.com).

Schedule subject to change, call to RSVP and confirm.

Expressive Arts @ 32nd & Thorn 3201 Thorn Street, San Diego, 92104  
[www.ExpressiveArtsSanDiego.com](http://www.ExpressiveArtsSanDiego.com) • 619-251-8474

➔ See back for more! ➔

**Art Reception & Talk: Paula Thomas - Lost & Found** - Saturday, January 17th, 6-9:00 p.m. Join us for a festive evening and be inspired by what happens when we throw ourselves into art making! Opportunity to make some festive art yourself and to buy art-gifts, too.

**House Concert with Trevor McSpadden** - Friday, February 13th, 7-9:00 p.m., \$10. Join us for an intimate evening of music. "As a Texan, Trevor writes country & western songs. A lot of them are pretty good. Then, he goes out into the world and sings them. People listen, people like it."

**Valentine's Art Happy Hour, February 14th**, 7:00 - 10:00 p.m., \$25 per person. Of course, the theme will be love! Great for couples AND singles! We will have art prompts for you to do together or separately. Don't miss this fun evening! You can bring your own wine and snack picnic or we will have snacks and drinks by donation. Don't worry, no art experience needed...just a desire to connect and have fun, you can even get messy if you want! Please RSVP: call or text Tish 619-251-8474 or email tish@ExpressiveArtsSanDiego.com.

**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.

## Regular Event Descriptions

\*Events included in the  
30 Day Pass

\* **Open Studios - This month: Mondays & Wednesdays, & 5th Friday.** See reverse calendar for times. Bring a project you are working on, finish a piece started in one of 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.)

**Mosaic Classes - Mondays** 10 a.m.-1:00 p.m., \$240 for 6 classes or \$50 drop-in. Cost includes materials. Great for seniors, too. Contact Cathy Sparks Lyons for more information & RSVP: lyons\_c@yahoo.com or 619-301-9130. (Also the first Tuesday of January, 7-9:00 p.m., \$20.)

**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**, 11:00 a.m. -12:30 pm, \$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 - January 23rd (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, CA 92104  
**www.ExpressiveArtsSanDiego.com • info@ExpressiveArtsSanDiego.com**

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• Schedule subject to change, call to RSVP and confirm • Work/study available, no one turned away for lack of funds