



# December 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><b>*Open Studios EVERY Monday, Tuesday &amp; Wednesday IN DECEMBER</b><br/>See times below.</p> | <p>1<br/><b>*Open Studio</b><br/>Noon-2:00 p.m.<br/>(Bring your lunch!)<br/><b>So You Want to Write a Book?</b><br/>6:00 p.m. Call for info</p>  | <p>2<br/><b>*Women's Morning Expression Session</b><br/>10-11:45 a.m.<br/><b>*Open Studio</b> 5-6:30 p.m.<br/><b>Mosaic Holiday Gifts</b><br/>7-9:00 p.m.</p>   | <p>3<br/><b>*Art Aerobics</b><br/>6:00-7:30 p.m.<br/><b>*Open Studio</b><br/>7:30-9:00 p.m.</p>                                    | <p>4<br/><b>*Mom Art Escape</b><br/>10:30 a.m. - Noon<br/><b>Private Event in evening</b></p>                                | <p>5<br/><b>Eric Sjoberg Talk</b><br/>7-9:00 p.m.</p>                              | <p>6<br/><b>NEW!</b><br/><b>Restorative Yin Yoga</b><br/>5:30-6:45 p.m.</p>   |
| <p>7<br/><b>SoNo Festival &amp; Chili Cook-off</b><br/>11 a.m.-5:00 p.m.</p>                       | <p>8<br/><b>Mosaic Mondays</b><br/>10:00 a - -1:00 p<br/><b>*Open Studio</b><br/>Noon-2:00 p.m.<br/>(Bring your lunch!)<br/><b>So You Want to Write a Book?</b><br/>6:00 p.m. Call for info</p>  | <p>9<br/><b>*Women's Morning Expression Session</b><br/>10-11:45 a.m.<br/><b>*Open Studio</b> 5-6:30 p.m.<br/><b>*Music Collective -</b><br/>7-9:00 p.m.<br/><b>Mosaic Holiday Gifts</b><br/>7-9:00 p.m.</p>  | <p>10<br/><b>*Art Aerobics</b><br/>6:00-7:30 p.m.<br/><b>*Open Studio</b><br/>7:30-9:00 p.m.</p>                                   | <p>11<br/><b>*Mom Art Escape</b><br/>10:30 a.m.- Noon<br/><b>NEW!</b><br/><b>Restorative Yin Yoga</b><br/>5:30-6:45 p.m.</p> | <p>12<br/><b>NEW!</b><br/><b>How do you want to feel?</b><br/>6:00 - 9:00 p.m.</p> | <p>13<br/><b>Private Event in evening</b></p>   |
| <p>14<br/><b>*Art Church</b><br/>10 a.m.-Noon</p>  | <p>15<br/><b>Mosaic Mondays</b><br/>10:00 a - -1:00 p<br/><b>*Open Studio</b><br/>Noon-2:00 p.m.<br/>(Bring your lunch!)<br/><b>So You Want to Write a Book?</b><br/>6:00 p.m. Call for info</p> | <p>16<br/><b>*Women's Morning Expression Session</b><br/>10-11:45 a.m.<br/><b>*Open Studio</b> 5-6:30 p.m.<br/><b>Mosaic Holiday Gifts</b><br/>7-9:00 p.m.</p>  | <p>17<br/><b>*Art Aerobics</b><br/>6:00-7:30 p.m.<br/><b>*Open Studio</b><br/>7:30-9:00 p.m.</p>                                   | <p>18<br/><b>*Mom Art Escape</b><br/>10:30 a.m.- Noon<br/><b>NEW!</b><br/><b>Restorative Yin Yoga</b><br/>5:30-6:45 p.m.</p> | <p>19</p>  | <p>20<br/><b>3rd Saturday @ T-32</b><br/>FREE! 6 - 9:00 p.m.<br/><b>Art Opening</b><br/><b>The Work of Paula Thomas</b></p> |
| <p>21<br/><b>NEW!</b><br/><b>Winter Solstice Celebration</b><br/>6:00-9:00 p.m.</p>                | <p>22<br/><b>Mosaic Mondays</b><br/>10:00 a - -1:00 p<br/><b>*Open Studio</b><br/>Noon-2:00 p.m.<br/>(Bring your lunch!)<br/><b>So You Want to Write a Book?</b><br/>6:00 p.m. Call for info</p> | <p>23<br/><b>*Women's Morning Expression Session</b><br/>10-11:45 a.m.<br/><b>*Open Studio</b> 5-6:30 p.m.<br/><b>*Music Collective -</b><br/>7-9:00 p.m.<br/><b>Mosaic Holiday Gifts</b><br/>7-9:00 p.m.</p> | <p>24<br/><b>Christmas Eve, no Art Aerobics or Open Studio tonight.</b></p>  | <p>25<br/><b>Closed for Christmas. Make art with family &amp; friends!</b></p>   | <p>26<br/><b>*Art Happy Hour</b><br/>7-11:00 p.m.</p>                              | <p>27</p>   |
| <p>28<br/><b>*Art Church</b><br/>10 a.m.-Noon</p>  | <p>29<br/><b>Mosaic Mondays</b><br/>10:00 a - -1:00 p<br/><b>*Open Studio</b><br/>Noon-2:00 p.m.<br/>(Bring your lunch!)<br/><b>So You Want to Write a Book?</b><br/>6:00 p.m. Call for info</p> | <p>30<br/><b>*Women's Morning Expression Session</b><br/>10-11:45 a.m.<br/><b>*Open Studio</b> 5-6:30 p.m.<br/><b>Mosaic Holiday Gifts</b><br/>7-9:00 p.m.</p>  | <p>31<br/><b>NEW!</b><br/><b>Special New Year's Eve Event</b><br/><b>Release the Old, Welcome the New</b><br/>6:00 - 9:00 p.m.</p> |  |  | <p><b>*Offerings included in the 30-Day Express Pass (Only \$89, that is a \$300+ value!) MAKES A GREAT GIFT!</b></p>       |

## UPCOMING SPECIALTY OFFERINGS:

See back for THE DETAILS for our REGULAR EVENTS

**NEW!** **Eric Sjoberg Talk: Navigating Emotional Reaction in Relationship** - Friday, December 5th, 7:00 - 9:00 p.m., \$10-\$20 Suggested Donation. Want to find some strategies to **reduce the drama this holiday season** with your loved one's? Learn a map about what might be going on inside and strategies to prevent or resolve the struggles. A thought provoking talk and discussion. (Not arts based.) For more information: [www.EricSjoberg.com/events](http://www.EricSjoberg.com/events) or (619) 807-3042 or [eric@ericsjoberg.com](mailto:eric@ericsjoberg.com)

**NEW!** **Restorative Yin Yoga with Mandala Art** Saturday, December 6th, Thursdays December 11th & 18th, \$10/class. Take time to take care of YOU this holiday season! Relax & unwind with Restorative Yin yoga followed by creating a mandala art card on your experience. Leave feeling calm, relaxed and peaceful. Blankets, blocks, straps and mats are available however if you have a bolster or eye pillow, please bring it with you. 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

**SoNo Festival & Chili Cook-off**- Sunday, December 7th 11:00 - 5:00 p.m., **Stop by for Art Making & Art Gifts** at our booths in front of the studio, or stop inside to relax and eat your chili! This is an amazing community festival! Beer, Bands, Crafts & Chili! 32nd & Thorn Streets Learn more at [sonofestchilicookoff.com](http://sonofestchilicookoff.com). **Volunteers to work our booths are welcome!!!** Contact Tish at [tish@ExpressiveArtsSanDiego.com](mailto:tish@ExpressiveArtsSanDiego.com)

**NEW!** **Honor 2014 & prepare for 2015 - come to one or come to them all**

**Creative Expression meets Desire - 3 Part Series: How do you want to feel?!**

- **How do you want to feel? Exploring desired feelings through art** - Friday, December 12th 6:00 - 9:00 p.m., \$20
- **New Year's Eve - Release the Old, Welcome the New** - Wednesday, December 31st f 6:00 - 9:00 p.m., \$20
- **New Year's Day - Vision Boards with Soul** - Thursday, January 1st (Call for time) 6:00 - 9:00 p.m., \$20

Contact Erin Brown Vrugic: [erinbrown82@gmail.com](mailto:erinbrown82@gmail.com) or (808) 729-0406

**Art Opening: Paula Thomas=INSPIRE** - Saturday, December 20th, 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.

**NEW!** **Winter Solstice Celebration-Welcoming the Light:** Sunday, December 21st, 6:00 - 9:00 p.m., \$30 Pre-register, \$35 Drop-in Celebrate the return of Sunlight! Enjoy Restorative Yin Yoga with Live Music and guided meditation, followed by creating mandalas on your own Inner Light. Kick off the holidays fully appreciating and acknowledging your greatest Self, feeling calm, relaxed and peaceful. 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.

➔ **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

**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 the 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. Contact Tish for info 619-251-8474. RSVP by 1/4/15.

**Join Us!** **Do 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.

**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

**GIVE THE GIFT OF ART MAKING!** 30-Day Passes One Class passes Gift Certificates

## 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 - December 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 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



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  
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