



MARCH Offerings

MARCH into ART...Don't wait another month!!!!

NO PREVIOUS ART EXPERIENCE NEEDED!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 REFRESH LOVE Collage & Meditation 10:30 a.m.-Noon <small>NEW!</small>	2 Mosaic Mondays 10:00 am-1:00 pm *Open Studio Noon-2:00 p.m. (Bring your lunch!) So You Want to Write a Book? 6:00 p.m. Call for info	3 *Women's Morning Expression Session 10-11:45 a.m. Restorative Yin Yoga 5:30-6:45 p.m.	4 Yin Yoga 10:00- 11:30 a.m. <small>NEW!</small> *Art Aerobics 6:00-7:30 p.m. *Open Studio 7:30-9:00 p.m.	5 *Mom Art Escape 11:00 a.m-12:30 p.m. Visioning Journal 8-wk Group 6:30-8:30 p.m.	6	7 Playback Theater Private Rehearsal 9:00am-12:30 p.m. Private Event in the evening
8 *Art Church 10 a.m.-Noon Wearable Art 1:00 - 3:00 p.m. <small>NEW!</small> Shamanic Healing 4:00 - 7:00 p.m. <small>NEW!</small>	9 Mosaic Mondays 10:00 am-1:00 pm *Open Studio Noon-2:00 p.m. (Bring your lunch!) So You Want to Write a Book? 6:00 p.m. Call for info	10 *Women's Morning Expression Session 10-11:45 a.m. Restorative Yin Yoga 5:30-6:45 p.m. *Music Collective-7-9:00 p.m.	11 Yin Yoga 10:00- 11:30 a.m. *Art Aerobics 6:00-7:30 p.m. *Open Studio 7:30-9:00 p.m.	12 *Mom Art Escape 11:00 a.m-12:30 p.m. Visioning Journal 8-wk Group 6:30-8:30 p.m.	13	14 Expressive Arts Yoga Flow 10:00- 11:30 a.m. <small>NEW!</small> Mosaic Saturdays 1:00 pm-4:00 p.m.
15 REFRESH JOY Collage & Meditation 10:30 a.m.-Noon <small>NEW!</small>	16 *Open Studio Noon-2:00 p.m. (Bring your lunch!) So You Want to Write a Book? 6:00 p.m. Call for info	17 *Women's Morning Expression Session 10-11:45 a.m. Restorative Yin Yoga 5:30-6:45 p.m.	18 Yin Yoga 10:00- 11:30 a.m. *Art Aerobics 6:00-7:30 p.m. *Open Studio 7:30-9:00 p.m.	19 *Mom Art Escape 11:00 a.m-12:30 p.m. Visioning Journal 8-wk Group 6:30-8:30 p.m.	20	21 Expressive Arts Yoga Flow 10:00- 11:30 a.m. Mosaic Saturdays 1:00 pm-4:00 p.m. 3rd Saturday @ T-32 6 - 9:00 p.m. FREE DOODLE-A-THON How many can we get doodling at once?
22 *Art Church 10 a.m.-Noon Visioning Journal Group Monthly Reunion 1:00-3:00 p.m.	23 *Open Studio Noon-2:00 p.m. (Bring your lunch!) So You Want to Write a Book? 6:00 p.m. Call for info	24 *Women's Morning Expression Session 10-11:45 a.m. Restorative Yin Yoga 5:30-6:45 p.m. *Music Collective-7-9:00 p.m.	25 Yin Yoga 10:00- 11:30 a.m. *Art Aerobics 6:00-7:30 p.m. *Open Studio 7:30-9:00 p.m.	26 *Mom Art Escape 11:00 a.m-12:30 p.m. Visioning Journal 8-wk Group 6:30-8:30 p.m.	27 *Art Happy Hour 7-11:00 p.m.	28 Expressive Arts Yoga Flow 10:00- 11:30 a.m. Mosaic Saturdays 1:00 pm-4:00 p.m. Eric Sjoberg Talk 7-9:00 p.m.
29 REFRESH PEACE Collage & Meditation 10:30 a.m.-Noon <small>NEW!</small>	30 Mosaic Mondays 10:00 am-1:00 pm *Open Studio Noon-2:00 p.m. (Bring your lunch!) So You Want to Write a Book? 6:00 p.m. Call for info	31 *Women's Morning Expression Session 10-11:45 a.m. Restorative Yin Yoga 5:30-6:45 p.m.			*Offerings included in the 30-Day Express Pass (Only \$89, that is a \$300+ value!)	

BOOK A DATE NOW FOR YOUR BEST EVER BIRTHDAY PARTY or TEAM BUILDING EVENT!
No art experience needed by your guests!

UPCOMING SPECIALTY OFFERINGS:

See back for THE DETAILS for our REGULAR EVENTS

- REFRESH•LOVE** Sunday, March 1st, 10:30 a.m. - Noon, \$20
- REFRESH•JOY** Sunday, March 15th, 10:30 a.m. - Noon, \$20
- REFRESH•PEACE** Sunday, March 29th 10:30 a.m. - Noon, \$20

A time for YOU to re-energize & be renewed. Come experience refreshment from within through mixed-media collage & guided mediation in a heightened atmosphere of inspiration and transformative healing. Leave feeling inspired, affirmed and renewed. No art experience needed. Pre-register to save your space at www.innerlightarts.org. Info: www.innerlightarts.org or Lauren at lauren@innerlightarts.org or 619-955-3554.

Visioning Journal Group - 8-Week Group-Thursdays, March 5-April 23rd, 6:30-8:30 p.m. \$200+\$12. We had so much fun we are doing it again! 4 weeks just wasn't enough so now we will try 8 weeks! Set your intention(s) and work with it through a visioning practice to feed your creative spirit AND work toward your intention! This can become a life-long practice that is vibrant, personal, satisfying and keeps your dream alive, even before coming true. Materials provided. No experience needed. Contact Tish for info 619-251-8474.

WEARABLE ART - Sunday, March 8th, 1-3:00 p.m. \$35 includes materials. Come and explore the amazing possibilities of creating art that you can wear! We will create a painted or collaged necklace that is originally YOU! The cost is ONLY \$35 per person and it includes the cost of materials. Register @ www.dialart.org or email: mcruzart@aol.com for more information. Maria Elena Cruz is an artist, educator and curator from Los Angeles.

Shamanic Healing for Past Traumas, Large & Small with Sylvia Brallierh, Sunday, March 8th, 4:00 - 7:00 p.m., \$40. From a shamanic perspective, when we have trauma occur in our lives, a part of our energy "Freezes in time." That energy is not available to us in the present, and keeps us stuck in detrimental patterns and beliefs from the past. This powerful technique helps the practitioner recover lost energy, heal old traumas, and release out-moded belief systems in order to manifest a higher reality in the present and future. This material is a part of the ShamaSoma Method Practitioner's Training. Learn more at: www.ShamaSoma.com To sign up and for info: sylviabrallierinfo@gmail.com

MOSAIC Classes - Mondays & Saturdays this month. \$240 for 6 classes or \$50 drop-in. Cost includes materials. Create art one piece at a time! Contact Cathy Sparks Lyons for more information & RSVP: lyons_c@yahoo.com or 619-301-9130.

DOODLE-A-THON - Saturday, March 21st, 6-9:00 p.m. How many people can we get doodling at one time? No previous doodling experience needed (though EVERYONE has it!) This is a free event and \$5 donation to cover our expenses would be greatly appreciated! Doodle exhibit, too!

Schedule subject to change, call to RSVP and confirm.

Expressive Arts @ 32nd & Thorn 3201 Thorn Street, San Diego, 92104

www.ExpressiveArtsSanDiego.com • 619-251-8474

See back for more!

Now 3 Yoga & Art Opportunities!

NEW!

Expressive Arts Yoga Flow Saturday mornings, starting February 14th, 10-11:30 a.m., \$10/class. Move, Breathe and Create! Expressive Arts Yoga Flow will bring breath, movement and creativity together. Experience embodied movement through standing and yin yoga poses, then continue your moving meditation through art making. A great class for beginners! *Please note this class will meet three times per month.

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 or contact Lauren at lauren@innerlightarts.org or 619-955-3554 with any questions.

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 or contact Lauren at lauren@innerlightarts.org or 619-955-3554.

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. RSVP call Tish at (619) 251-8474.

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.)

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.

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. To help moms get through overwhelm, challenges and life as a mother without giving up themselves and their creative life. Open to moms with kids of all ages. Mom's can bring small babies (newborn to before mobility.)

*** Art Happy Hour - March 27th (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