



APRIL Offerings

SPECIAL DEAL THIS MONTH!

This month 30-Day Pass holders can try a YOGA class for \$2!
(Tuesday evening & Wednesday morning: Take one of each, just once. After that: \$10 per class; \$40 for a five class pass)

NO PREVIOUS ART EXPERIENCE NEEDED!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	*Offerings included in the 30-Day Express Pass (Only \$89, that is a \$300+ value!)		1 NEW! Yin Yoga 10:00-11:30 a.m. *Art Aerobics 6:00-7:30 p.m. *Open Studio 7:30-9:00 p.m.	2 *Mom's Monthly Art Escape 11:00 a.m.-12:30 p.m. Visioning Journal 8-wk Group 6:30-8:30 p.m.	3 Private Event in the evening	4
5	6 Mosaic Mondays 10:00 am-1:00 pm *Open Studio Noon-2:00 p.m. (Bring your lunch!) So You Want to Write? 6:00 p.m. Call for info	7 *Women's Morning Expression Session 10-11:45 a.m. Restorative Yin Yoga 5:30-6:45 p.m. NEW! Women's Divorce Support 7-8:00 p.m.	8 Yin Yoga 10:00-11:30 a.m. *Art Aerobics 6:00-7:30 p.m. *Open Studio 7:30-9:00 p.m.	9 Visioning Journal 8-wk Group 6:30-8:30 p.m.	10	11 Percussion: Family Jam 1:00-2:30 p.m.
12 *Art Church 10 a.m.-Noon NEW! Drumming Technique 2:00-4:00 p.m.	13 Mosaic Mondays 10:00 am-1:00 pm *Open Studio Noon-2:00 p.m. (Bring your lunch!) So You Want to Write? 6:00 p.m. Call for info	14 *Women's Morning Expression Session 9:30-11:15 a.m. Special time this week only! Restorative Yin Yoga 5:30-6:45 p.m. *Music Collective-7-9:00 p.m.	15 Yin Yoga 10:00-11:30 a.m. *Art Aerobics 6:00-7:30 p.m. *Open Studio 7:30-9:00 p.m.	16 Visioning Journal 8-wk Group 6:30-8:30 p.m.	17 Music in Dialog 7:00-8:30 p.m.	18 Playback Theater Private Rehearsal 9:00am-12:30 p.m. 3rd Saturday @ T-32 6-9:00 p.m. FREE DOODLE-A-THON How many can we get doodling at once?
19 NEW! Visual Vibrations 10:00 a.m.-4:00 p.m.	20 *Open Studio Noon-2:00 p.m. (Bring your lunch!) So You Want to Write? 6:00 p.m. Call for info	21 *Women's Morning Expression Session 10-11:45 a.m. Restorative Yin Yoga 5:30-6:45 p.m. NEW! Women's Divorce Support 7-8:00 p.m.	22 Yin Yoga 10:00-11:30 a.m. *Art Aerobics 6:00-7:30 p.m. *Open Studio 7:30-9:00 p.m.	23 Visioning Journal 8-wk Group 6:30-8:30 p.m.	24 *Art Happy Hour 7-11:00 p.m.	25
26 *Art Church 10 a.m.-Noon Pet Loss Group 1-5:00 p.m. NEW! Spring Renewal Yoga, Music, Art 6:00-8:00 p.m.	27 *Open Studio Noon-2:00 p.m. (Bring your lunch!) So You Want to Write? 6:00 p.m. Call for info	28 *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.	29 Yin Yoga 10:00-11:30 a.m. *Art Aerobics 6:00-7:30 p.m. *Open Studio 7:30-9:00 p.m.	30 Eric Sjoberg Talk When Nice Isn't Standing for your real desire in relationship 7:00-8:30 p.m.	BOOK A DATE NOW FOR YOUR BEST EVER BIRTHDAY PARTY, GATHERING or TEAM BUILDING EVENT! No art experience needed by your guests!	

UPCOMING SPECIALTY OFFERINGS:

See back for THE DETAILS for our REGULAR EVENTS

MOSAIC Classes - Monday April 6 & 13, 10:00-1:00 this month. \$240 for 6 classes or \$50 drop-in. Cost includes materials. Create mosaic for garden, home or office! Contact Cathy Sparks Lyons for more information & RSVP: lyons_c@yahoo.com or 619-301-9130.

NEW! **Divorce Empowerment for Goddesses** - 1st & 3rd Tuesdays, April 7th and 21st, 7 - 8:00 p.m., \$10. An innovative approach to finding your wholeness and empowerment within the process of divorce (or break-up), with a theme of discovering oneself anew (even as a Goddess!). We do something a bit different each meeting, including conscious movement, yoga, meditation, sacred ceremony, journaling, and community building. Bring yoga mat, blanket & journal if you can. RSVP: Lauren Babb, MA 619-518-5291, divorcedoulalauren@gmail.com

PERCUSSION FUN **Shout, Juba, and Jive! Family Jam** Saturday, April 11th, 1:00-2:30 p.m. \$20 Adults, \$10 one child, \$7.50 ea. addl. child. Back by popular demand! Playful use of assorted percussion instruments + movement for families & kids! with Master percussionist David Pleasant, a veteran composer, and guest artist for Reading Rainbow, Disney Channel, Nickelodeon. Contact Cathy to RSVP: lyons_c@yahoo.com or 619-301-9130.

Drumming Technique Class with Master Percussionist, David Pleasant - Sunday, April 12th 2:00-4:00 p.m. \$35 Focus on African, Caribbean and African American drumming with voice. Contact Cathy for more information & RSVP: lyons_c@yahoo.com or 619-301-9130.

All Ways Now!/Ancient Futures - Music in Dialogue #2 with master Percussionist, David Pleasant - Friday, April 17th 7:00-8:30 p.m. \$10 Performance/Demo/Participation/Discussion. Join us for exciting arts discussion & exploration: "Intuition and Improvisation." Contact Cathy for more information & RSVP: lyons_c@yahoo.com or 619-301-9130.

NEW! **Visual Vibrations: Dances of Art, Music & Imagination** Sunday April 19 10:00 a.m.-4:00 p.m. \$95 **Co-LAB-oration by Cathy Sparks Lyons with Guest Artist: David Pleasant.** A truly interdisciplinary event! THIS IS A GREAT WORKSHOP FOR FACILITATORS! Discover your rhythm and your connection to others from within the art making process. Create more sensitivity to all the arts and co-creators. Open to more possibilities as resources. Contact Cathy for more information & RSVP: lyons_c@yahoo.com or 619-301-9130.

Pet Loss Workshop - Sunday, April 26th, 1:00 - 5:00 p.m. \$75 includes materials. If you have lost a beloved pet, either recently or long ago, and would like to take time to honor them, this group is for you. Join us as we come together to honor creatively the passing of our animal friends. We will use simple art making processes to explore our grief and also look to the art for resources that can help us move forward in our life. No previous art experience necessary. Materials provided. No experience needed. RSVP: Tish 619-251-8474 or tish@ExpressiveArtsSanDiego.com.

Schedule subject to change, call to RSVP and confirm.

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➔ See back for more! ➔

3 Yoga & Art Opportunities!



Spring Renewal: Restorative Yin Yoga with Live Ambient Music-Sunday, April 26th, 6:00-8:00 p.m., \$25, pre-register at www.innerlightarts.org. Ease into Spring with Lauren Walsh and Dan Rabb for an evening of Restorative Yin Yoga accompanied by Live Ambient music followed by creating large Mandala art on your experience. No experience needed. Contact Lauren at lauren@innerlightarts.org or 619-955-3554.

Restorative Yin Yoga with Mandala Art Tuesdays, 5:30-6:45 p.m., \$10 per class; \$40 for a five class pass. 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. More info go to www.innerlightarts.org or contact Lauren at lauren@innerlightarts.org or 619-955-3554

Yin Yoga with Mandala Art Wednesdays, 10-11:30 a.m., \$10 per class; \$40 for a five class pass. 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 Lauren at lauren@innerlightarts.org or 619-955-3554.

DOODLE-A-THON - Saturday, April 18th, 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! Also, be inspired by the Art of Doodling exhibit, too! BRING YOUR FAMILY & FRIENDS!

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 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. **Mosaic Saturdays return in May & June 1:00-4:00!**

KIDS Classes - Contact Therese Rossi, MFA to see what is happening! Call 619-528-9188 or email therese.rossi@yahoo.com

*** 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's Monthly Art Escape - 1st Thursdays**, April 2nd, 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 - April 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 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, CA 92104
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• Schedule subject to change, call to RSVP and confirm • Work/study available, no one turned away for lack of funds