



MAY 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!)	BOOK A DATE NOW FOR YOUR BEST EVER BIRTHDAY PARTY, GATHERING or TEAM BUILDING EVENT! No art experience needed by your guests!			1	2
3	4 *Open Studio Noon-2:00 p.m. (Bring your lunch!) So You Want to Write? 6:00 p.m. Call for info	5 *Women's Morning Expression Session 10-11:45 a.m. Restorative Yin Yoga 5:30-6:45 p.m. Women's Divorce Support 7-8:00 p.m.	6 Yin Yoga 10-11:30 a.m. *Art Aerobics Play with Paint 6:00-7:30 p.m. *Open Studio 7:30-9:00 p.m.	7	8	Mosaic Saturdays 1:00-4:00 p.m. Playback Theater Private Rehearsal 9:00am-12:30 p.m. Mosaic Saturdays 1:00-4:00 p.m.
10 *Art Church 10 a.m.-Noon Mother's Day	11 *Open Studio Noon-2:00 p.m. (Bring your lunch!) So You Want to Write? 6:00 p.m. Call for info	12 *Women's Morning Expression Session 10-11:45 a.m. Restorative Yin Yoga 5:30-6:45 p.m.	13 Yin Yoga 10-11:30 a.m. *Art Aerobics Play with Paint 6:00-7:30 p.m. *Open Studio 7:30-9:00 p.m.	14	15	16 Mosaic Saturdays 1:00-4:00 p.m. 3rd Saturday @ T-32 6-9:00 p.m. FREE SQUARE SHOW Opening Be there or be square!
17 DESIRE MAP 10:00 a.m.-2:00 p.m.	18 *Open Studio Noon-2:00 p.m. (Bring your lunch!) So You Want to Write? 6:00 p.m. Call for info	19 *Women's Morning Expression Session 10-11:45 a.m. Restorative Yin Yoga 5:30-6:45 p.m. Women's Divorce Support 7-8:00 p.m.	20 No Yoga Today *Art Aerobics Play with Paint 6:00-7:30 p.m. *Open Studio 7:30-9:00 p.m.	21	22	23 Mosaic Saturdays 1:00-4:00 p.m. *Art Happy Hour 7-11:00 p.m.
24 *Art Church 10 a.m.-Noon *Music Collective 6:30 p.m.	25 YOU HAVE THE DAY OFF! COME TO *Open Studio Noon-2:00 p.m. Memorial Day	26 *Women's Morning Expression Session 10-11:45 a.m. No Yoga Today	27 No Yoga Today *Art Aerobics Play with Paint 6:00-7:30 p.m. *Open Studio 7:30-9:00 p.m.	28	29	30 Mosaic Saturdays 1:00-4:00 p.m. Eric Sjoberg Talk Spiritual Bypassing 7:00-8:30 p.m. *5th Friday Open Studio 7:00-9:00 p.m.

UPCOMING SPECIALTY OFFERINGS:

See back for THE DETAILS for our REGULAR EVENTS

MOSAIC Classes - Saturdays, May 2, 9, 16, 23, & 30, 1:00-4:00 p.m. this month. \$240 for 6 class package or \$50 drop-in. Cost includes materials. Create mosaic for garden, home or office! Contact Cathy for more information & RSVP: lyons_c@yahoo.com or 619-301-9130.

NEW! Divorce Empowerment for Goddesses - 1st & 3rd Tuesdays, May 5th and 19th, 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

SQUARE SHOW Opening - Saturday, May 16th, 6-9:00 p.m. Be there or be square! We asked artist to create art that was on a square, any size, any style, any medium. Come see what was created! Opportunity to make square art yourself! This is a FREE community event. (Accepting art entries Wednesday, May 13th 7:30-9:00 p.m., or call to make other arrangements 619-251-8474.)

NEW! Desire Map Workshop Level 1 - Sunday, May 17th, 10:00 a.m.-2:00 p.m. \$80 includes workbook. Clarify what you truly want in every area of your life, and use that powerful awareness to guide your choices from now on. You will leave this workshop knowing your "core desired feelings" - a guidance system for your decision-making. A GPS for your soul. You will be guided through 5 life areas, to explore your most desired feelings. For more info or to RSVP contact Laurie Marrelli, Licensed Facilitator at 619-218-4414 or visit: www.lauriemarrelli.com/desiremap

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.

Spiritual Bypassing: When Spirituality Disconnects Us From What Really Matters, Talk with Eric Sjoberg - Thursday, May 28th, 7-8:30 p.m. Suggested Donation \$10. More Information and Registration at www.ericjsjoberg.com/spiritual-bypass-talk Contact Eric at: 619-807-3042 or eric@ericjsjoberg.com

Schedule subject to change, call to RSVP and confirm.

➔ See back for more! ➔

New Group Forming

✶ Visioning Journal Group - 8-Week Group-Thursdays beginning June 18th through August 6th, 7- 9:00 p.m. \$200+\$12. 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. You also get to make art in community! Materials provided. No experience needed. Contact Tish for info 619-251-8474. RSVP Payment holds your spot. **ONLY A FEW OPENINGS LEFT!**

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

Coming SOON!

✶ Anger Management 3 workshops in June and exhibit coming in July. Anger Management--this is what anger looks like. Turn anger into image. Contact Judith Treesberg for more info! treeswords@gmail.com or 571-338-3820.

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 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 - Saturdays this month. 1:00-4:00 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 Mondays return at the end of June!**

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 - NEW DAY & TIME! 2nd & 4th Sundays** (Not on Mother's Day) 6:30 - 8:30 (ish) p.m., \$10 donation appreciated. 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 Ray Muniz, 619-318-2315, rainman94@cox.net

*** Art Aerobics - Play with Paint - 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, May 7th, 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 -May 22nd (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, 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