



JULY Offerings

Celebrate your personal independence...
MAKE ART!

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 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.	2 *Mom's Monthly Art Escape 11:00 a.m.-12:30 Visioning Journal Group 6:30 p.m. Call for info about next group starting in September	3 Anger: Exhibit Opening 6-8:30 p.m.	4 Celebrate your INDEPENDENCE by making ART!
5	6 *Open Studio Noon-2:00 p.m. (Bring your lunch!)	7 *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.	8 Yin Yoga 10-11:30 a.m. *Art Aerobics Paint to music 6:00-7:30 p.m. *Open Studio 7:30-9:00 p.m.	9 Visioning Journal Group 6:30 p.m. Call for info about next group starting in September	10 NEW! DESIRE MAP Intro 7-9:00 p.m.	11 DESIRE MAP 10:00 a.m.-2:00 p.m. Anger: Exhibit Artist Talk & Closing 6-8:30 p.m.
12 *Art Church 10 a.m.-Noon *Music Collective 6:30 p.m.	13 *Open Studio Noon-2:00 p.m. (Bring your lunch!)	14 *Women's Morning Expression Session 10-11:45 a.m. Restorative Yin Yoga 5:30-6:45 p.m.	15 Yin Yoga 10-11:30 a.m. *Art Aerobics Paint to music 6:00-7:30 p.m. *Open Studio 7:30-9:00 p.m.	16 Visioning Journal Group 6:30 p.m. Call for info about next group starting in September	17 NEW! Gender Alchemy 7:00-9:00 p.m.	18 3rd Saturday @ T-32 6-9:00 p.m. FREE Artists of North Park Show OPENING
19	20 KIDS CAMP Puppets & Their Outfits M-F 1:00 p.m.-3:30 p.m.	21 *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.	22 Yin Yoga 10-11:30 a.m. *Art Aerobics Paint to music 6:00-7:30 p.m. *Open Studio 7:30-9:00 p.m.	23 Visioning Journal Group 6:30 p.m. Call for info about next group starting in September	24 *Art Happy Hour 7-11:00 p.m.	25
26 *Art Church 10 a.m.-Noon *Music Collective 6:30 p.m.	27 KIDS CAMP Robots & Recycled Collage M-F 1:00 p.m.-3:30 p.m.	28 *Women's Morning Expression Session 10-11:45 a.m. Restorative Yin Yoga 5:30-6:45 p.m.	29	30 Visioning Journal Group 6:30 p.m. Call for info about next group starting in September	31 Eric Sjoberg Talk 7:00-8:30 p.m.	

UPCOMING SPECIALTY OFFERINGS:

See back for **MORE & THE DETAILS** for our **REGULAR EVENTS**



1. Puppets & Their Outfits
July 20 – July 24 / 5 Days 1:00 – 3:30 p.m., Ages 7-12, \$215. Includes supplies & snacks. Join us and create a puppet from Paper Mache and design a DIY costume from fabrics, yarn and ribbon. Includes hand sewing, No experience needed.

2. Robots and Recycle Collage
July 27-July 31 / 4 Days 1:00- 3:30 p.m. Ages 7-12, \$215. Includes supplies & snacks. Make a wildly fun robot from my treasure trove of old stuff from the kitchen, garage, and jewelry box. Robots can be girls or boys, funny, or scary and are super fun to create.

NEW! **Anger Management Exhibit - What does Anger Look Like?** FREE community events. **Opening:** Friday, July 3rd, 6:00-8:30p.m.
Artist Talk and Closing: Saturday, July 11th, 6:00 - 8:30 p.m. Info Judith: treeswords@gmail.com / 571-338-3820

NEW! **Divorce Empowerment for Goddesses** - 1st & 3rd Tuesdays, July 7th & 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

NEW! **Desire Map Intro & Level 1** - **Intro:** Friday, July 10th, 7:00 - 9:00 p.m., \$20 Suggested Donation
Desire Map Level 1 Workshop: Saturday, July 11th, 10:00 a.m.- 2:00 p.m., \$75. A program for clarifying what you truly want in every area of your life, and using 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. Laurie Marrelli is a Licensed Facilitator for Daniel LaPort's Best Seller The Desire Map. To learn more: LaurieMarrelli.com RSVP: Laurie at 619-218-4414 or laurie.marrelli@gmail.com

5th Annual ARTISTS of NORTH PARK Show Opening - Saturday, July 18th, 6-9:00 p.m. A FREE community event. Get to know the artists in our hood. Featuring artists who live or work in North Park and this year open to art MADE in North Park, through classes, or sitting at the coffee shop waiting for your kids to finish cello lessons! Performance arts invited to come share their work also, 6:30 p.m. and on. (Artists: Accepting work Wednesday, July 15th, 7:30 - 9:00 p.m. or make other plan.) Questions: 619-251-8474, tish@ExpressiveArtsSanDiego.com

NEW! **Growing Your Own Art Practice Workshop** - Sunday, August 9th 1-4:00 p.m. Have you had the idea that making some sort of art REGULARLY would feed your soul? AND, has it been difficult to get started or keep going? OR you don't know what project to do or where to start? This workshop is designed to help you get started and keep going! Can be in all disciplines of art: visual, dance, music, writing or drama. A small investment in living a BIG life! No experience needed. RSVP Tish for info 619-251-8474. **Growing Your Own Art Practice Support Group to follow.**

Schedule subject to change, call to RSVP and confirm.

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➔ **See back for more!** ➔

♥ Visioning Journal Group - NEW 12-Week Group forming -Thursdays beginning September 10th through December 3rd, 6:30- 8:30 p.m. \$300+\$12 materials. 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! No experience needed. Contact Tish for info 619-251-8474. RSVP Payment holds your spot, group size is limited.

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.

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 - Contact Cathy Sparks Lyons for dates for new classes & more information: 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

*** 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!

*** 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**, July 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 -July 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.

*** The Music Collective - NEW DAY & TIME! 2nd & 4th Sundays**, 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

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