



AUGUST Offerings

CREATE and experience the NEW YOU that arrives!

NO PREVIOUS ART EXPERIENCE NEEDED!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p align="center">BOOK A DATE NOW FOR YOUR BEST EVER BIRTHDAY PARTY, HOLIDAY PARTY, FRIEND/FAMILY GATHERING or TEAM BUILDING EVENT! EVEN YOUR OWN ART SHOW!</p> <p align="center">No art experience needed by your guests!</p>						1
2	3 *Open Studio Noon-2:00 p.m. (Bring your lunch!)	4 *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.	5 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.	6 Last Summer Visioning Journal Group 6:30 p.m. Call for info about the Fall group that starts September 10th	7 Field Trip to the Mingel Museum Movie: THE LIFE AND ART OF JUDITH SCOTT 5:00 p.m.	8 Community Mural Painting at Parkside Market 3:30 p.m. -6:00 or later ?
9 *Art Church 10 a.m. CREATE AN ART PRACTICE Intro Workshop 1-4:00p.m. *Music Collective 6:30 p.m.	10 *Open Studio Noon-2:00 p.m. (Bring your lunch!)	11 *Women's Morning Expression Session 10-11:45 a.m. Restorative Yin Yoga 5:30-6:45 p.m.	12 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.	13	14	15 3rd Saturday @ T-32 6 - 9:00 p.m. FREE Artists of North Park Show Artist Talk & Performances
16 Evening Private Event	17 *Open Studio Noon-2:00 p.m. KIDS CAMP 1:00 p.m.-3:30 p.m. When Nice Isn't 7:00 p.m.	18 *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.	19 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.	20 Visioning Journal REUNION Group 6:30 p.m. Open to all past group members.	21	22
23 *Art Church 10 a.m. ART PRACTICE Support Group 1-2:30p.m. *Music Collective 6:30 p.m.	24 *Open Studio Noon-2:00 p.m. (Bring your lunch if you want!)	25 *Women's Morning Expression Session 10-11:45 a.m. Restorative Yin Yoga 5:30-6:45 p.m. Eric Sjoberg Talk: Duality 7:00-8:30 p.m.	26 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.	27 Visioning Journal REUNION Group 6:30 p.m. Open to all past group members.	28 *Art Happy Hour 7-11:00 p.m.	29 Afternoon Private Event
30	31 *Open Studio Noon-2:00 p.m. (Bring your lunch if you want!)	*Offerings included in the 30-Day Express Pass (Only \$89, that is a \$300+ value!)				

UPCOMING SPECIALTY OFFERINGS:

See back for MORE & THE DETAILS for our REGULAR EVENTS

BACK Growing Your Own Art Practice Workshop - Sunday, August 9th 1-4:00 p.m., \$50. Have you had the idea that making some sort of art REGULARLY would be helpful? 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 art experience needed, just the desire to create! RSVP Tish for info 619-251-8474 or tish@ExpressiveArtsSanDiego.com **Growing Your Own Art Practice Support Group to follow.**

10% discount if you sign up for the Intro Workshop AND the Support Group.

BACK Growing Your Art Practice SUPPORT Group - 4 Sundays, August 23, Sept. 13 & 27, October 25th, 1-2:30 p.m. \$80. Support to keep your Art Practice fresh and moving forward. This group is designed to help you keep the momentum going and support each other through challenges and celebrate successes! Not showing up like you want to? We will look to our life for solutions. Showing up and wanting to share what you are doing? We will help you celebrate! Contact: 619-251-8474 or tish@ExpressiveArtsSanDiego.com

KIDS CAMP! Kids Grades 1-4: From Story to Paint and Paper August 17th - 21st, 1:00- 3:30 p.m. \$195. Includes supplies & snacks. On the warm summer days of August we'll read Faith Ringgold's classic "Tar Beach" to inspire a portrait quilt, based on her wonderful illustrations. We'll draw, paint, walk to the market for ice cream, and come back for more fun. A wonderful class for children entering 1st grade as well as older kids, too. Contact Therese Rossi, MFA & Expressive Arts Therapist: therese.rossi@sbcglobal.net, 619-528-9188.

When NICE ISN'T - Monday, August 17th, 6-9:00 p.m. Is there something you want to say to someone that might make them uncomfortable, but they really need to hear? Learn to ask the scary questions and say the hard things in this safe, exciting, and playful workshop. Men and women will come together and give each other the permission to ask and answer their deepest questions with a level of authenticity and vulnerability that most people don't get to experience. In a facilitated, safe space, we don't have to be "nice," respectful and real, yes! Info: EricSjoberg.com

5th Annual ARTISTS of NORTH PARK Show Artist Talk & Performances - Saturday, August 15th, 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! Performance arts invited to come share their work also, 6:30 p.m. & 8:00 p.m. Artist talk starting at 7:00 p.m.

Visioning Journal Group - NEW 12-Week Group -Thursdays beginning September 10th through December 3rd (We won't meet on Thanksgiving!) 6:30- 8:30 p.m. \$300+\$25 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. And, make art in community! No experience needed. Contact Tish for info 619-251-8474. RSVP Payment holds your spot.

Schedule subject to change, call to RSVP and confirm.

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See back for more!

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.

NEW

Divorce Empowerment for Goddesses - 1st & 3rd Tuesdays, August 4th & 18th, 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

Join Us!

So You Want to Write? New Group Starts September 14th! Mondays, 6:00 - 8:00 p.m., 8 week commitment \$240. 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.)

* **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 - Paint to Music - 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!)

* **Art Happy Hour -August 28th (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 - Every 2nd & 4th Sunday**, 6:30 - 8:30 (ish) p.m., \$10 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 & essential! Contact Ray Muniz, 619-318-2315, rainman94@cox.net

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

BOOK NOW!

- CUSTOM WORKSHOPS for Your Organization - Facilitated art making 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, MA, CAGS
Expressive Arts Therapist

Free 30-minute consultation 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