



SEPTEMBER Offerings

It is TIME to allow your CREATIVE SIDE OUT!!!!

NO PREVIOUS ART EXPERIENCE NEEDED!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
BOOK A DATE NOW FOR YOUR BEST EVER BIRTHDAY PARTY, HOLIDAY PARTY, FRIEND/FAMILY GATHERING or TEAM BUILDING EVENT! EVEN YOUR OWN ART SHOW! No art experience needed by your guests!		1 *Women's Morning Expression Session 10-11:45 a.m. Restorative Yin Yoga 6:00-7:15 p.m. Women's Divorce Support 7:30-8:30 p.m.	2 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.	3	4	5	
6	7 Labor Day, don't work, come play! *Open Studio Noon-2:00 p.m. (Bring your lunch!)	8 *Women's Morning Expression Session 10-11:45 a.m. Restorative Yin Yoga 6:00-7:15 p.m.	9 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.	10 Fall Visioning Journal Group Begins 6:30 p.m. (Call or email for info on next group)	11 Vickie Lawrence Art Opening & Fundraiser 5:00-9:00 p.m.	12	
13 *Art Church 10 a.m. *Music Collective 6:30 p.m.	14 *Open Studio Noon-2:00 p.m. (Bring your lunch!) Gokhale Method for a Pain Free Back 6:30-8:30 pm	15 *Women's Morning Expression Session 10-11:45 a.m. Restorative Yin Yoga 6:00-7:15 p.m. Women's Divorce Support 7:30-8:30 p.m.	16 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.	17 Fall Visioning Journal Group 6:30 p.m. (Call or email for info on next group)	18	19 3rd Saturday @ T-32 6-9:00 p.m. FREE SHOW OPENING Breast Cancer Fundraiser	
20 Fall Equinox Yoga, Music, Art 6:00-8:00 p.m.	21 *Open Studio Noon-2:00 p.m. (Bring your lunch if you want!) Gokhale Method for a Pain Free Back 6:30-8:30 pm	22 *Women's Morning Expression Session 10-11:45 a.m. Restorative Yin Yoga 6:00-7:15 p.m. Inner Parenting 7:30-9:00 p.m.	23 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.	24 Fall Visioning Journal Group 6:30 p.m. (Call or email for info on next group)	25 *Art Happy Hour 7-11:00 p.m.	26	
27 *Art Church 10 a.m. *Music Collective 6:30 p.m.	28 *Open Studio Noon-2:00 p.m. Gokhale Method for a Pain Free Back 6:30-8:30 pm	29 *Women's Morning Expression Session 10-11:45 a.m. Restorative Yin Yoga 6:00-7:15 p.m.	30 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.	*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

Expressive Arts YOGA

Expressive Arts Yoga Tuesdays, NEW TIME! 6:00-7:15 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 with any questions.

Expressive Arts Yoga 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.

Divorce Empowerment for Goddesses - 1st & 3rd Tuesdays, September 1st & 15th, NEW TIME! 7:30 - 8:30 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

Visioning Journal Group - NEW 12-Week Group - 2 OPENINGS LEFT! 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

Growing Your Art Practice SUPPORT Group - 3 more Sundays, Sept. 13 & 27, October 25th, 1-2:30 p.m. \$60, \$25 for one. 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! RSVP Contact: 619-251-8474 or tish@ExpressiveArtsSanDiego.com

Inner Parenting - Friday, September 22nd, 7:30-9:00 p.m. \$10, Healing old wounds from childhood is something that each of us has at least contemplated, if not jumped into with both feet with work such as Inner Parenting. When we work in the realm of adult romantic relationship, the Inner Parenting unveils a whole new dimension that can bring healing and bonding between couples in a way that is heartwarming and hopeful. Join Eric Sjoberg to explore this perspective with a lecture, exercises, and Q & A. Info: EricSjoberg.com or 619-807-3042 or eric@EricSjoberg.com

0 SHOW Breast Cancer Fundraiser - Saturday, September 19th, 6-9:00 p.m. A FREE community event. Artists were asked to create outside the box, and in in the round! Circles, spheres, half spheres (inspired by the breast!) in any theme. Come see how artist responded and support Breast Cancer Angels who offer day-to-day support for women & men in stage 4 breast cancer. A chance for you to make art, too!

Schedule subject to change, call to RSVP and confirm.

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See back for more!

www.ExpressiveArtsSanDiego.com • 619-251-8474

NEW! **The Fall Equinox Yoga, Art & Live Music Celebration** Sunday, September 20th, 6-8pm, \$25. Lauren Walsh with live ambient music from Dan Rabb, a guided meditation, a blissful Restorative Yin Yoga sequence completed with essential oil blend during Savasana & creating mandalas. Register at www.innerlightarts.org.

Join Us! **So You Want to Write a Book? New Group Starts October 5th!** Mondays, 6:00 - 8:00 p.m., 8 week commitment \$240. An ongoing two-hour group to support you in your writing. Work through stuck-ness, celebrate successes & support others. **DON'T LET ANOTHER YEAR GO BY WITHOUT STARTING THAT BOOK YOU HAVE BEEN THINKING ABOUT!** RSVP Contact: 619-251-8474 or tish@ExpressiveArtsSanDiego.com

NEW! **6-Week SONGWRITING WORKSHOP Starts October 6th!** Tuesdays, 7:30 - 9:30 p.m., 6 week \$225. Do you have an unfinished masterpiece laying around? Or a killer chorus with no verses, or two great verses with nowhere to turn. Maybe you've got an idea for a song, and need a bit of inspiration to get it started. **Trevor McSpadden's songwriting workshop** will help you explore options and give you deadlines to get those songs finished and ready to play. This class provides the novice with basic tools and creativity exercises in a fun, supportive setting. Knowledge of a chordal instrument (guitar, piano, banjo, uke, etc.) is helpful but not required. Contact trev@trevmc.com or call (312) 339-3904

COURAGEOUS CONVERSATIONS full day workshop! Saturday, October 9th, 10:00 a.m. - 4:00 p.m., \$125 if sign up before September 20th, \$150 after. For singles and couples. Do you avoid difficult conversations? And, does the situation often get worse or more uncomfortable because you did not have the conversation earlier? Learn to ask the scary questions and say the hard things in this safe, exciting, and playful workshop. Explore courageous conversation: speak what is difficult to say. No previous art or courageous conversation experience needed. **Join Tish McAllise Sjoberg and Eric Sjoberg for this fun and courageous day.** Through marriage, divorce, and co-parenting Tish and Eric have learned to have many courageous conversations! Life is too short to be too nice and not speak your truth. Info: 619-807-3042 or eric@EricSjoberg.com or Tish Sjoberg at 619-251-8474 or tish@ExpressiveArtsSanDiego.com

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 -September 25th (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

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

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



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