



NOVEMBER Offerings

So much GRATITUDE for ART- Express Yourself!

NO PREVIOUS ART EXPERIENCE NEEDED!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 U.Lab: Transforming Business, Society, and Self - U-HUB Gathering	2 *Open Studio Noon-2:00 p.m. (Bring your lunch!)	3 *Women's Expression Session 10-11:45 a.m.	4 Expressive Arts Yoga 10-11:30 a.m. *Paint to music 6:00-7:30 p.m. *Open Studio 7:30-9:00 p.m.	5 Fall Visioning Journal Group 6:30 p.m. (See back for new group starting in January)	6 Private Party	7 Playback Theater Rehearsal Call for info Gokhale Method for a Pain Free Back 1:00-4:00 pm
8 *Art Church 10:00 a.m. ART PRACTICE Support group 1-2:30p.m. *Music Collective 6:30 -8:30+p.m.	9 *Open Studio Noon-2:00 p.m. (Bring your lunch!)	10 *Women's Expression Session 10-11:45 a.m.	11 NO YOGA TODAY *Paint to music 6:00-7:30 p.m. O-SHOW CLOSING PARTY 7:30-9:00 p.m.	12 Fall Visioning Journal Group 6:30 p.m. (See back for new group starting in January)	13	14 Gokhale Method for a Pain Free Back 1:00-4:00 pm
15	16 *Open Studio Noon-2:00 p.m. (Bring your lunch!)	17 *Women's Expression Session 10-11:45 a.m. Giving, Taking & Receiving Workshop 7:00-9:00 p.m.	18 Expressive Arts Yoga 10-11:30 a.m. *Paint to music 6:00-7:30 p.m. *Open Studio 7:30-9:00 p.m.	19 Fall Visioning Journal Group 6:30 p.m. (See back for new group starting in January)	20	21 5 YEAR ANNIVERSARY CELEBRATION! 6 - 9:00 p.m. FREE
22 *Art Church 10:00 a.m. David Pleasant Percussion 1:00 p.m. *Music Collective 6:30 -8:30+p.m.	23 *Open Studio Noon-2:00 p.m. (Bring your lunch if you want!)	24 *Women's Expression Session 10-11:45 a.m.	25 Expressive Arts Yoga 10-11:30 a.m. *Paint to music 6:00-7:30 p.m. *Open Studio 7:30-9:00 p.m.	26 Happy Thanksgiving! Make art with your family and friends!	27 A great post-Thanksgiving event! *Art Happy Hour 7-11:00 p.m.	28
29	30 *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!		BOOK A DATE NOW FOR YOUR BEST EVER HOLIDAY PARTY, BIRTHDAY PARTY, FRIEND/FAMILY GATHERING or TEAM BUILDING EVENT! EVEN YOUR OWN ART SHOW! No art experience needed by your guests!

UPCOMING SPECIALTY OFFERINGS:

See back for MORE & THE DETAILS for our REGULAR EVENTS

BACK **Gokhale Method for a Pain Free Back** - 3 Saturdays, November 7th, 14th and 21st, \$450. Have you tried EVERYTHING and your back, hip neck or shoulder still hurts? The Gokhale Method uses Primal Posture and movement to help you re-establish your body's structural integrity and regain a pain-free life, No surgery, no medication, no equipment. Presented by Acupuncturist Michael Spatuzzi currently works as a Clinical Supervisor at the Pacific College of Oriental Medicine while maintaining a private practice in Del Mar, California. For info contact Michael at: michael@gokhalemethod.com or 858-538-0397 (Not an arts based workshop.)

Growing Your Art Practice SUPPORT Group - November 8th, 1-2:30 p.m. \$20. 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

NEW! **Giving, Taking & Receiving: a workshop exploring your deeper truths WITHIN the reason for the season** - Tuesday, November 17th, 7:00-9:00 pm, Donation. In this season of giving, we will gather to explore what is below the surface of giving, receiving and taking. Do you give to get? Or do you give with no expectation of return? Or do you seek out ways to take, either overtly, or while looking good? More info go to www.ericjsjoberg.com or contact Eric at eric@ericjsjoberg.com or 619-807-3042 (Not an arts based workshop.)

5 YEAR ANNIVERSARY CELEBRATION- Saturday, November 21st, 6-9:00 p.m. A FREE community event. Come help celebrate all that Expressive Arts @ 32nd & Thorn has done in the past 5 years. We will have a retrospective show of the Art from the Studio, along with performance food and fun. It's a party! (If you facilitated a workshop or event here in the last 5 years, contact me to be part of the retrospect!)

BACK! **Master Class with Percussionist David Pleasant** Sunday November 22nd, 2:00-4:00 p.m., \$35. Percussionist/Scholar David Pleasant presents a drum and movement intensive centered on drumming-technique, breathing, and various practical performance methods. Pleasant, a noted trailblazer in early African American percussion introduces Gullah-Geechee* Drumfolk as an enhancement to rhythm, improvisation, listening, and group interaction. RSVP: Cathy Sparks Lyons lyons_c@yahoo.com 619-301-9130. David Pleasant info: www.davidpleasant1.com

NEW! **What it Really Takes to Change** Friday, December 4th, 7:00-9:30 pm, Donation. As the year ends, and you plan your New Year's resolutions and the change you want to implement, are you already doubting your ability to change? Join Eric Sjoberg for another transformational workshop on discovering what blocks change in your life and how to move beyond it. Info: www.ericjsjoberg.com or contact Eric at eric@ericjsjoberg.com or 619-807-3042 (Not an arts based workshop.)

Schedule subject to change, call to RSVP and confirm.

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See back for more!

Join Us!

The Winter Solstice Yoga, Art & Live Music Celebration Monday, December 21st, 6-8pm, \$25. Lauren Walsh with live ambient music, 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!

Visioning Journal Group - NEW 12-Week Group - GREAT way to start the NEW YEAR! Thursdays beginning January 7th through March 31st (We will skip 2/4/16), 6:30- 8:30 p.m. \$375 includes basic 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 dreams alive, even before coming true. And, make art in community! No experience needed. Contact Tish for info 619-251-8474. RSVP

Join Us!

So You Want to Write a Book? New Group Starts January 11th Mondays, 6:00 - 8:00 p.m., 8 week commitment, \$240. Have you had the idea that you would like to write a book? This on-going two-hour group is designed to & support you in your writing—work through stuck-ness, celebrate successes, receive support others. This is not a how to write class, though we will do exercises that will help you be a better writer! DON'T LET ANOTHER YEAR GO BY WITHOUT STARTING THAT BOOK YOU HAVE BEEN THINKING ABOUT! You do not need to know what the book is that you want to write, you will begin writing and the book will come :) Last year we had 3 books written from our group! RSVP and info, contact: 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!

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 yoga which applies moderate stress to the connective tissues—with the aim of increasing circulation in the joints & improving flexibility. No experience needed. Info: www.innerlightarts.org or Lauren at lauren@innerlightarts.org or 619-955-3554.

*** Paint to Music (Art Aerobics) - Every Wednesday,** 6:00 - 7:30 p.m., \$20. Release stress and tension from your day while creating a one-of-a-kind painting! Playful and fun, and a chance to work with your critic if it comes up. Turn up the tunes! (Price includes Open Studio after.)

*** Art Happy Hour - November 27th (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. **Now offering EFT (Emotionally Focused Therapy) for couples with Expressive Arts.**

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!

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