



FEBRUARY Offerings

LOVE yourself so deeply that you allow yourself to explore your creative desires!

NO PREVIOUS ART EXPERIENCE NEEDED!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 *Open Studio Noon-2:00 p.m. (Bring your lunch!) <i>So You Want to Write a Book?</i> 7:00 p.m. Call for info	2 *Women's Expression Session 10a.m.-Noon	3 *Paint to music 6:00-7:30 p.m. <i>*Open Studio</i> 7:30-9:00 pm	4 Winter Visioning Journal 12 week group 6:30 p.m. Call for info about our spring group	5	6 Drum & Movement 3:00-5:00 p.m.
7 NEW! Women's Talking & Healing Circle 6:00 p.m.	8 *Open Studio Noon-2:00 p.m. (Bring your lunch!) <i>Presidents' Day</i> <i>So You Want to Write a Book?</i> 7:00 p.m. Call for info	9 *Women's Expression Session 10a.m.-Noon	10 *Paint to music 6:00-7:30 p.m. <i>*Open Studio</i> 7:30-9:00 pm	11 Winter Visioning Journal 12 week group 6:30 p.m.	12	13 Playback Theater Practice Call for info 9:00 a.m.
14 *Art Church 10:00 a.m. VALENTINE'S Art Happy Hour 7:00 -10:00 p.m.	15 *Open Studio Noon-2:00 p.m. (Bring your lunch!) <i>Presidents' Day</i> <i>So You Want to Write a Book?</i> 7:00 p.m. Call for info	16 *Women's Expression Session 10a.m.-Noon Rhythm Rising Workshop 7:00-9:00 pm	17 *Paint to music 6:00-7:30 p.m. <i>*Open Studio</i> 7:30-9:00 pm	18 Winter Visioning Journal 12 week group 6:30 p.m.	19	20 TEEMstir #OneManShow 6- 9:00 p.m. FREE! See art, make art!
21 Access Your Secret Powers! 1:00-3:00 p.m.	22 *Open Studio Noon-2:00 p.m. (Bring your lunch!) <i>So you want to write a Book?</i> 7:00 p.m. Call for info	23 *Women's Expression Session 10a.m.-Noon	24 *Paint to music 6:00-7:30 p.m. <i>*Open Studio</i> 7:30-9:00 pm	25 Winter Visioning Journal 12 week group 6:30 p.m. Call for info.	26 Art Happy Hour 7:00 -11:00 p.m.	27
28 *Art Church 10:00 a.m. *Music Collective 6:30 -8:30+p.m.	29 *Open Studio Noon-2:00 p.m. (Bring your lunch if you want!) <i>So You Want to Write a Book?</i> 7:00 p.m. Call for info			*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, FRIEND/FAMILY GATHERING or ORGANIZATION 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! **Drum & Movement Intensive** - Saturday, February 6th, 3:00pm - 5:00pm., \$35. Centered on drumming-technique, breathing, and various practical performance methods. David Pleasant, a trailblazer in early African American percussion, introduces Gullah- Geechee* Drumfolk as an enhancement to rhythm, improvisation, listening, and group interaction. To learn more about David go to: www.davidpleasant1.com. RSVP to Cathy @ (619) 301-9130 call, text, or email Lyons_c@yahoo.com

Valentine's Art Happy Hour, Sunday, February 14th, 7:00 - 10:00 p.m., \$25 per person. (\$10 for 30 Day Pass holders.) Great for couples AND singles! Of course, the theme will be love! We will have art prompts for you to do together or separately. Don't miss this fun evening! You can bring your own wine and snack picnic or we will have snacks and drinks by donation. Don't worry, no art experience needed...just a desire to connect and have fun, you can even get messy if you want! Please RSVP, payment secures your spot! : Call or text 619-251-8474 or email tish@ExpressiveArtsSanDiego.com.

NEW! **Rhythm Rising** - Tuesday, February 16th, 7-9:00 p.m., \$20. NAMASTAGE is pleased to bring you a night of transformational intermodal playtime. This playshop is designed to unleash the fire within--we will invoke sound, imagery and story using percussion, painting and words. Andrew Belinsky will be guiding half of the group in a fully participatory music jam. Simultaneously, artist, instigator, creator and Expressive Arts Intern Elizabeth Tobias will lead the other half of the group on a carnal painting journey. The heat we build within ourselves and the group will melt away any barriers we have built against creativity as we drum, dance, sing, and paint. For RSVP and info:: contact@namastage.com

FUN! **TEEMSTIR #OneMANshow** - Saturday, February 20th, 6-9:00 p.m., A FREE COMMUNITY EVENT. Mixed Media works by studio regular Teem Osborn, a self taught, lifelong artist who has only taken his work seriously the last few years. Teem looks at life through an artist lens and is greatly influenced by current events, popular culture and his artist friends. His quirky and unique style is simple, naive and is sure to make you smile, laugh and feel good. "MEET the ARTIST, ENJOY the ART, DRINK, EAT, TALK with COOL PEOPLE."

NEW! **Access Your Secret Powers!!** - Sunday, February 21st 1:00-3:00 p.m. Learn to use Guidance Cards for a better experience of life! Limited class size. Cards provided for your use. All we need is you! Secure your seat with Energetic Shaman, Judy McNutt at: www.youbeingyou.me

Call for Entry: RE-MAKE - Visual Art & Fashion Show*

All entries must be created out of used and recycled materials, nothing new...
A Fundraising Show to benefit Dancing Around the Oak Tree to support artists with disabilities.
 For consideration send jpeg photos by: Sunday, March 6th to angamalc@gmail.com
 Deliver visual art on Wednesday, March 16th, 7:30 - 9:00 pm
 (Or call 619-251-8474 to make other arrangements) A \$10 entry donation to help cover hanging & production costs is appreciated.
 *Fashion entries must have their own model for Fashion Show, preferably the artist!

RE-MAKE SHOW OPENING:
 Saturday, March 19th
 \$10 Door Donation Appreciated
 6:00—900 pm
 Fashion Show 7:00 pm

Schedule subject to change, call to RSVP and confirm.

See back for more!

NEW! **Daughters of the Earth - Women's Talking and Healing Circle - Every 1st Sunday** February 7th , 6:00 -8:00 p.m. Indigenous women's talking and healing circle meets first Sunday of the month to share experiences, stories, and prayer in support of all sisters on the healing path. No cost, but donations are appreciated. All are welcome, space limited, please call to RSVP. Please contact Ericka for more information: 619-846-3106 or ancestorsmedicine@gmail.com

Get ready kids! Coming in April!

NEW! **Creative Kids** Mondays (April 4-May 23) 3:30-5:00 p.m., 8 classes \$200 per student. Ages 5 & up. Children will express their creativity and have fun experimenting in the Green Art Lab. We'll offer different pallets of reusable materials - clean and safe items saved from the land fill and turned into amazing one-of-a-kind creations such as inventions, games, vehicles, instruments, & sculptures. Working individually and collaboratively, finding their inventor, engineer, designer, artist, and environmentalist self, encouraging problem solving, social-emotional opportunities, creative thinking, fine motor skills, & more. Learn more go to: www.greenartlabs.com To RSVP or for more info: joan@greenartlabs.com, (619) 206-6613.

NEW! **Creative Families** Wednesdays (April 6-May 25) 10:00-11:00 a.m. 8 classes, \$160 per parent/child pair. You will deepen your relationship with your child through art making in this class. This sensory and process-based art class will bring out the shared joy of creating with your child. It's time to play! As a team, you will explore many media that are appropriate for young children such as finger paint, sand play, clay, paper art, dance, music, nature art and more. Learn more go to: www.greenartlabs.com To RSVP or for more info: joan@greenartlabs.com, (619) 206-6613.

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 - Noon, \$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!

* **Paint to Music - 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, 7:30 - 9:00 p.m.)

* **Art Happy Hour -Every 4th Friday**, February 26th, 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** 10:00 a.m.-Noon, \$20. This is not "church" it is 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 own spiritual beliefs.

* **The Music Collective - 2nd & 4th Sundays**, (not meeting February 14th, 2nd Sunday this month due to Valentine's Art Happy Hour) 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

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!
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