

# AUGUST Offerings

When you make time for ART, you make time for YOU!

NO PREVIOUS ART EXPERIENCE NEEDED!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> Creative Families! 10:00-11:00 a.m. *Open Studio 1:00 - 3:00 Creative Kids! 3:30-5:00 pm So You Want to Write? 6:00 p.m.	<b>2</b> *Women's Expression Session 10a.m.-Noon Body Wisdom 6:00-7:30 pm	<b>3</b> Creative Families! 10:00-11:00 a.m. *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	<b>4</b> Mini Visioning Journal Group New 12 week Group Starts September 15th	<b>5</b> Creative Kids! 3:30-5:00 pm	<b>6</b>
<b>7</b>	<b>8</b> Creative Families! 10:00-11:00 a.m. *Open Studio 1:00 - 3:00 Creative Kids! 3:30-5:00 pm So You Want to Write? 6:00 p.m.	<b>9</b> *Women's Expression Session 10a.m.-Noon *Music Collective 7:00 - 9:00 p.m.	<b>10</b> Creative Families! 10:00-11:00 a.m. *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	<b>11</b> Mini Visioning Journal Group New 12 week Group Starts September 15th	<b>12</b> Creative Kids! 3:30-5:00 pm Art of Dating 7:00 - 9:00 p.m.	<b>13</b>
<b>14</b> *Art Church 10:00 a.m.	<b>15</b> Creative Families! 10:00-11:00 a.m. *Open Studio 1:00 - 3:00 Creative Kids! 3:30-5:00 pm So You Want to Write? 6:00 p.m.	<b>16</b> *Women's Expression Session 10a.m.-Noon Body Wisdom 6:00-7:30 pm	<b>17</b> Creative Families! 10:00-11:00 a.m. *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	<b>18</b> Mini Visioning Journal Group New 12 week Group Starts September 15th	<b>19</b> Creative Kids! 3:30-5:00 pm	<b>20</b> Artists of North Park Reception & Artist Talk 6-9:00 p.m. Free!
<b>21</b> Yoga Rascals Children's Yoga Teacher Training, for info: www.yogarasals.com	<b>22</b> Creative Families! 10:00-11:00 a.m. *Open Studio 1:00 - 3:00 Creative Kids! 3:30-5:00 pm So You Want to Write? 6:00 p.m.	<b>23</b> *Women's Expression Session 10a.m.-Noon *Music Collective 6:30 - 8:30 +p.m.	<b>24</b> Creative Families! 10:00-11:00 a.m. *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	<b>25</b> Mini Visioning Journal Group New 12 week Group Starts September 15th	<b>26</b> Creative Kids! 3:30-5:00 pm *Art Happy Hour 7:00 - 11:00 p.m.	<b>27</b>
<b>28</b> *Art Church 10:00 a.m. Women's Drumming 1:00 - 3:00 p.m.	<b>29</b> Creative Families! 10:00-11:00 a.m. *Open Studio 1:00 - 3:00 Creative Kids! 3:30-5:00 pm So You Want to Write? 6:00 p.m.	<b>30</b> *Women's Expression Session 10a.m.-Noon Body Wisdom 6:00-7:30 pm	<b>31</b> Creative Families! 10:00-11:00 a.m. *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	September 1st Parents of Addicts Support Workshop 7:00 - 9:00 p.m.	*Offerings included in the 30-Day Express Pass Only \$89 (\$300+ value!)	Expressive Arts @ 32nd & Thorn 30 Day Express Pass

**UPCOMING SPECIALTY OFFERINGS:** See back for MORE & THE DETAILS for our REGULAR EVENTS

**NEW!** **Art of Dating: Speed Dating a la ART experience** - (Ages 50 - 65) Friday, August 12th, 7:00-9:00 p.m., \$35.00 Move through different EASY art stations creating art while getting to know other fun, exciting singles! You'll go home with art! (And contact information of other singles if you want!) NO ART EXPERIENCE NEEDED! For info and RSVP contact Michele Lyons: mlyons@san.rr.com or (858)357-3207

**Kids!** **Expressive Arts Drumming for Women** - Sunday, August 28th, 1:00 - 3:00 p.m., \$20 Come join us for a fun and easy drumming circle that will include movement and a visual art response. Come away feeling energized, supported in a community of women and with a big SMILE! NO ART/DRUMMING/MOVEMENT EXPERIENCE NEEDED. For info and RSVP contact Michele Lyons: mlyons@san.rr.com or (858)357-3207

**NEW!** **Art Making for Parents of Addicts- Keep Your Sanity Lit** - Thursday, September 1st, 7:00-9:00 p.m., \$40.00. (Includes materials.) Michele Lyons, Expressive Arts Therapist and parent of a recovering drug addict, will facilitate EASY art making that will help light your way through the ups and downs of having an addict son or daughter. You'll get to connect with yourself and your challenges in a deeper way and go home with art that will be a resource in your daily life to help keep your light burning bright. NO ART EXPERIENCE NEEDED. Contact Michele Lyons: mlyons@san.rr.com or (858)357-3207.

**BACK!** **Visioning Journal Group - NEW 12-Week Group** -Thursdays beginning September 15th - December 8th (We won't meet on Thanksgiving!) Sign up for Morning Group: 11:00 am - 1:15 pm OR Evening Group: 6:00 - 8:15 pm, \$375 includes materials & one calendar\* if you RSVP with payment by 8/31., \$405 includes materials & one calendar\* after 8/31. 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! \*We will create a group 2017 calendar with our favorite pages. One copy is included in your registration fee. Additional copies can be ordered for gifts for about \$5 each (my cost.) You will also learn ways to turn your journal pages into other gift items, too! No experience needed, just the desire to take your life and your art making deeper! Contact Tish for info 619-251-8474. RSVP— Payment holds your spot.

**BACK!** **So You Want to Write a Book? New Group Starts September 26th -December 12th**, Mondays, 6:00 - 8:15 p.m., 12 week commitment, \$375 if you RSVP with payment by 8/31, \$405 after 8/31. 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 ANSWERING THAT CALL TO WRITE! You do not need to know what you want to write. (It will come! And once you write enough, it will want to become a book!) RSVP and info, contact Tish: 619-251-8474 or tish@ExpressiveArtsSanDiego.com

*"This group gets me going so that I am writing on my own between meetings!"*

Schedule subject to change, call to RSVP and confirm.

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www.ExpressiveArtsSanDiego.com • 619-251-8474

**See back for more!**

## More Summer FUN!

Join Us!

**Body Wisdom Class** - Tuesday, August 2, 16 & 30th, 6:00-7:30 p.m., \$20. Get out of your head and into your body! Our body gives us messages; learn how to tune in! Did you know that cognitive science says that we can only articulate a small percentage of what we know? That's because we KNOW things by thinking through our toes, feeling with our hips, questioning through our hands, and moving from our hearts. We will use movement, visual arts, writing, and music to energize, inspire and connect with the wisdom that lives in your body, gut, heart and brain. For more info about Elizabeth Jacobowitz, Expressive Arts Therapist and HHP and Embodiment at Arts go to: [www.embodimentarts.com/body-wisdom/](http://www.embodimentarts.com/body-wisdom/) RSVP: Email Elizabeth at [elizabeth@embodimentarts.com](mailto:elizabeth@embodimentarts.com) or call (619) 417-2373

Kids!

**Creative Families**-Wednesdays through August 31 (no class 7/13). **New Monday group** through August 29th. Both days 10:00-11:00 a.m. Sign up for series, \$20/each class. 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. 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. To RSVP or for more info: [joan@greenartlabs.com](mailto:joan@greenartlabs.com), (619) 206-6613.

Kids!

**Creative Kids**- **Fridays** through August 26th, \$25 each, **Mondays** through August 29th, 3:30-5:00 p.m., \$25 each. 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. Kids find their inventor, engineer, designer, artist, and environmentalist self, encouraging problem solving, social-emotional opportunities, creative thinking, fine motor skills, & more. To RSVP or for more info: [joan@greenartlabs.com](mailto:joan@greenartlabs.com), (619) 206-6613. [www.greenartlabs.com](http://www.greenartlabs.com)

## Regular Event Descriptions

\*Events included in the 30 Day Pass

### \* Open Studios - This Month: Mondays 1-3:00 p.m. & Wednesdays 7:30-9:00 p.m.

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.

### \* Women's Expression Session - Tuesday (No group July 12th), 10:00 - 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 & maybe have an insight that helps create change!

### \* The Music Collective - 2nd & 4th Tuesdays - 7:00 - 9:00 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](mailto:rainman94@cox.net)

### \* 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! RSVP (Price includes Open Studio after, 7:30 - 9:00 p.m.)

### \* Art Happy Hour - Every 4th Friday - August 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 "inner church," 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.

**BOOK A DATE NOW FOR YOUR BEST EVER - BIRTHDAY PARTY, RETIREMENT PARTY, FRIEND/FAMILY GATHERING or ORGANIZATION TEAM BUILDING EVENT! EVEN YOUR OWN ART SHOW! No art experience needed by guests!**

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

### 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!

**Expressive Arts**  
@ 32nd & Thorn

Please RSVP for all events and for more information: 619-251-8474 or [rsvp@ExpressiveArtsSanDiego.com](mailto:rsvp@ExpressiveArtsSanDiego.com)  
All offerings held at **Expressive Arts @ 32nd & Thorn** • 3201 Thorn Street, San Diego, CA 92104  
[www.ExpressiveArtsSanDiego.com](http://www.ExpressiveArtsSanDiego.com) • [info@ExpressiveArtsSanDiego.com](mailto: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