

APRIL Offerings

April is filled with creative showers that are sure to bring you **NEW POWERS!**

NO PREVIOUS ART EXPERIENCE NEEDED!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Expressive Arts @ 32nd & Thorn 30 Day Express Pass	*Offerings included in the 30-Day Express Pass Only \$99 (\$280+ value!)		BOOK A DATE NOW FOR YOUR BEST EVER BIRTHDAY, FRIEND/FAMILY GATHERING or ORGANIZATION TEAM BUILDING EVENT! EVEN HAVE YOUR OWN ART SHOW! <small>No art experience needed by your guests!</small>			1 Kid's Yoga 9:00 - 10:00 a.m.
2	3 *Open Studio 1:00 - 3:00	4 *Women's Expression Session 10a.m.-Noon	5 *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	6 SIGN UP! NEW Visioning Journal Groups Start TODAY Still openings in the evening group 6:00 - 8:00 pm	7	8 Kid's Yoga 9:00 - 10:00 a.m. African Jam Drum & Dance with Jibby 7:00-8:30 p.m.
9 *Art Church 10:00 a.m. Women's Expressive Arts Drumming 1:00 - 3:00 p.m.	10 Creative Families! 10:00-11:00 a.m. *Open Studio 1-3 pm Creative Kids! 3:30-5 pm NEW GROUP STARTS TODAY! So You Want to Write? 6pm	11 *Women's Expression Session 10a.m.-Noon Creative Kids! 3:30-5:00 pm *Music Collective 7:00 - 9:00 p.m.	12 Creative Families! 10:00-11:00 a.m. *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	13 Visioning Journal Groups Sign up for the Summer Group, starts in April 6th!	14 Creative Kids! 3:30-5:00 pm	15 Kid's Yoga 9:00 - 10:00 a.m. No Place Like Home Show Artist Talk & Reception 6-9:00 p.m.
16 Faster Sunday	17 Creative Families! 10:00-11:00 a.m. *Open Studio 1-3 pm Creative Kids! 3:30-5:00 pm So You Want to Write? 6 p.m.	18 *Women's Expression Session 10a.m.-Noon Creative Kids! 3:30-5:00 pm NEW ACTION Studio 6:30 - 8:00 p.m.	19 Creative Families! 10:00-11:00 a.m. *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	20 Visioning Journal Groups Sign up for the Spring Group, starts in April 6th!	21 Creative Kids! 3:30-5:00 pm African Jam Drum & Dance with Jibby 7:00-8:30 p.m.	22 Kid's Yoga 9:00 - 10:00 a.m. DIY Art Workshop 10:30 a.m.to Noon
23 *Art Church 10:00 a.m. 30	24 Creative Families! 10:00-11:00 a.m. *Open Studio 1-3 pm Creative Kids! 3:30-5:00 pm So You Want to Write? 6 p.m.	25 *Women's Expression Session 10a.m.-Noon Creative Kids! 3:30-5:00 pm *Music Collective 7:00 - 9:00 p.m.	26 Creative Families! 10:00-11:00 a.m. *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	27 Visioning Journal Groups Sign up for the Spring Group, starts in April 6th!	28 Creative Kids! 3:30-5:00 pm *Art Happy Hour 7:00 - 11:00 p.m.	29 Kid's Yoga 9:00 - 10:00 a.m. Let's Listen 11:00a-1:00p Bodywriting Show Opening 6-9:00 p.m.

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

YES! **Expressive Arts Drumming for Women** - Sunday, April 9th, 1:00 -3:00 p.m., \$20 Come join us for a fun and easy drumming circle that will include simple visual art and you will want to move your body, too! Come away feeling empowered, energized & supported in a community of women! NO DRUMMING/ART/ MOVEMENT EXPERIENCE NEEDED. Info/RSVP contact Tish: 619-251-8474 or tish@ExpressiveArtsSanDiego.com.

MORE CLASSES! **Creative Kids** - Ages 5-12, **Mondays** (8wk \$200), **Tuesdays** (9wk \$225) & **Fridays** (8wk \$200), 3:30-5:00 p.m. (Will even pick children up from McKinley Elementary!) Children will express their creativity and have fun experimenting. Express your creativity and have fun experimenting in the Green Art Lab! In this free-form class, we'll use repurposed materials, treasures saved from the land fill...turned into one-of-a-kind creations by you - inventor, scientist, engineer, artist, environmentalist. Approved for inspire and Dehesa Charter School.

Creative Families - Parent and toddler ages 2-5, **Mondays**, 10:00-11:00 am, 4/10/17-6/5/17, 8 wks, no class 5/29 \$120 • **Wednesdays**, 10:00-11:00 am, 4/12/17-6/7/17, 9 wks \$135. A sensory and process-based art class will bring out the shared joy of creating with your child as you explore art stations. Hands-on and fun for both child and parent. For info contact Joan Green: joan@greenartlabs.com (619) 206-6613.

NEW! **Kids Yoga Class** - Series continues thru May 6th, 9-10am • \$18 Drop-in, Recommended for kids ages 5-10, In Yoga Rascals' playful yoga classes children go on a imaginary yoga adventure while learning a variety of yoga poses, as well as breathing and relaxation techniques. Yoga Rascals classes aim at reducing stress, developing kindness, and nurturing a peaceful mindset - all while having lots of fun. For more information please call Yoga Rascals at 619-865-9506, or email info@yogarascales.com To register go to www.yogarascales.com/kids-yoga.html

NEW! **DIY Workshop - All ages** Saturday, April 22nd, 10:30-noon, \$20 per person or family. Green Art Labs presents DIY Workshop with reusable materials. All ages, families welcome, drop off ok for ages 5+. Create with reusable materials or try our DIY projects such as t-shirt bags, tissue paper painting and bottle cap magnets. All supplies included. To sign up for the DIY Workshop go to www.greenartlabs.com.

No Place Like Home Show Reception & Artist Talk - Saturday, April 15th, 6-9:00 p.m., A FREE community event! Come see how artists respond to the theme of HOME. Chance for you to make art, too! **NEXT CALL FOR ARTIST**-Artists of North Park: live, work or make your art in NP.

NEW! **ACTION STUDIO** - Tuesday, April 18th, 6:30 - 8:00 p.m. Donation. This will be a SILENT open studio-ish setting for you to take action on things in your life and in the world. Write letters, make art, write a blog, make signs (for the March for Science), even pay your bills. Whatever action is difficult for you to do alone. Could be writing a letter to your representative, your mother, or your doctor. This is intended to be a safe place for all views & beliefs. We will have a short check-in and check-out so you are asked to stay for the whole group. Tish 619-251-8474.

YES! **African Jam with Jibby** - Saturday, April 8th & Friday April 21st, 7:00 - 8:30 p.m., \$10 Donation Appreciated. Djibril Camara, Master Dancer from Guinea, will lead a fun drum & dance gathering. Bring your drum (or use ours.) No experience needed -- all ages & abilities. Info: 217-621-2987

NEW! **Let's Listen** - Saturday, April 29th 11:00 a.m. - 1:00 p.m., Donation. Join us for a facilitated community conversation to listen to the interests and concerns of our neighbors in an effort to create a stronger, more united community. Michael Robinson 360-301-3198 or michael.s.robinson@gmail.com

Schedule subject to change, call to RSVP and confirm.

See back for more offerings & info!

More Offerings!

Join Us!

Visioning Journal Group - SPRING 10-Week Group starts April 6th! -Thursdays Sign up for Morning Group: 11:00 am - 1:00 pm OR Evening Group: 6:00 - 8:00 pm, \$375. includes your 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 dream alive! Make art in community! No experience needed. Contact Tish for info 619-251-8474, tish@ExpressiveArtsSanDiego.com .

Join Us!

So You Want to Write a Book? SPRING 10-Week Group starts April 10th! Mondays, 6:00 - 8:15 p.m., \$375. Have you had the idea that you would like to write a book, or write anything? This on-going 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 writing exercises that will help you find your voice. You do not need to know what you want to write. RSVP and info, contact Tish: 619-251-8474 tish@ExpressiveArtsSanDiego.com

NEW!

Inner Wild Child Immersion for Women - Friday, May 12th, 6:00-8:00 p.m. and Saturday May 13th, 9:30-5:30pm, \$249 per person. "When I'm wild, I'm not anxious" Join Kate Randall & Jennifer Pennell as they lead you on a journey into your own untamable spirit. A rare opportunity to reclaim your inner wild child. You may know her as the part of you that is free, uninhibited and adventurous. You may have never known her or lost touch with her a long time ago. This immersion will create a space where the inner wild child can emerge through guided activities, creativity and full tilt play. Contact: Jennifer Pennell (619) 356-1147 or jennifer@shinelevity.com, www.inner-wild.com.

Regular Event Descriptions

*Events included in the 30 Day Pass for \$99

* **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 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

* **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 - April 28th, 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.

GREAT GIFT ITEMS!

30 Day Express Pass

\$99 (\$230+ value)

30 Day Open Studio Pass

\$50 (\$80+ value)

One Class Pass

\$10 - \$20

Gift Certificates

Art, Cards, Magnets and More!

On-going studio rental for your classes, groups or private practice. Current Blocks of Availability

Call for more info

- Sunday evenings
- 1st & 3rd (and 5th) Tuesday evenings
- Fridays day and 2nd & 3rd evenings

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. **Also offering EFT (Emotionally Focused Therapy) for couples combined 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

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.**

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, when possible, no one turned away for lack of funds