



JUNE Offerings

SIMMER IS HERE! Now is the time to say YES to your desire to express, play and be creative!

NO PREVIOUS ART EXPERIENCE NEEDED!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>*Offerings included in the 30-Day Express Pass Only \$99 (\$280+ value!)</p>			<p>1 Visioning Journal Groups Sign up for the Summer Group, starts July 6th!</p>	<p>2 Creative Kids! 3:30-5:00 pm</p>	<p>3 Awakening the Third Eye Meditation Retreat</p>
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<p>11 *Art Church 10:00 a.m.</p>	<p>12 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.</p>	<p>13 *Women's Expression Session 10a.m.-Noon *Music Collective 7:00 -9:00 p.m.</p>	<p>14 *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm</p>	<p>15</p>	<p>16</p>	<p>17 ARTISTS of NORTH PARK Show Artist Talk & Open Mic 6-9:00 p.m.</p>
<p>18 Father's Day</p>	<p>19 Creative Families! 10:00-11:00 a.m. *Open Studio 1-3 pm Creative Kids! 3:30-5:00 pm</p>	<p>20 *Women's Expression Session 10a.m.-Noon Let's Listen 6:30 - 8:30 p.m.</p>	<p>21 *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm</p>	<p>22</p>	<p>23 *Art Happy Hour 7:00 -11:00 p.m.</p>	<p>24 Special Fundraising Art Show Event 6:00 - 9:00 p.m.</p>
<p>25 *Art Church 10:00 a.m. Women's Expressive Arts Drumming 1:00 - 3:00 p.m.</p>	<p>26 Creative Families! 10:00-11:00 a.m. *Open Studio 1-3 pm Creative Kids! 3:30-5:00 pm</p>	<p>27 *Women's Expression Session 10a.m.-Noon *Music Collective 7:00 -9:00 p.m.</p>	<p>28 *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm</p>	<p>29</p>	<p>30</p>	<p>BOOK A DATE NOW FOR YOUR BEST EVER PARTY! No art experience needed by your guests!</p>

UPCOMING SPECIALTY OFFERINGS:

See back for MORE & THE DETAILS for our REGULAR EVENTS

NEW **Awakening the Third Eye Meditation Workshop** - June 3 & 4, 9:30-5pm both days. \$265 Early Bird before May 10th and \$297 after May 10th. Join us and build your foundation of meditation, super sleep, enhanced intuition, and grounded energy. The techniques in this beginning meditation workshop are straight forward with immediate and tangible results and a potential to renew and invigorate passion in your life. Designed for those who want awakening and direct experience of deeper states of consciousness. Contact: Jennifer Pennell (619) 356-1147 or jennifer@shinelevity.com, www.inner-wild.com. Register: <https://squareup.com/store/awakeningthethirdeye>

NEW **Let's Listen** - Tuesdays, June 6th & June 20th, 6:30 - 8:30 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. Learn to listen to the person who is speaking rather than our minds that are chattering away! For more info contact: Michael Robinson 360-301-3198 or michael.s.robinson@gmail.com

7th Annual Artists of North Park Show ARTIST TALK & OPEN MIC - Saturday, June 17th, 6-9:00 p.m., A FREE community event! Come see who is making art in our little corner of the world and support them by buying art from the hood! Chance for you to make art, too! Artist Talk and Open Mic will start at 7:00 p.m. Come on North Park Poets, Writers, Musicians and Performing Artists, come show us your stuff!

Join Us! **Expressive Arts Drumming for Women** - Sunday, June 25th, 1:00 -3:00 p.m., \$20 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.

Join Us! **MINI-Visioning Journal Group - SUMMER 6-Week Group!** -Thursdays, July 6th - August 10th, \$240. Sign up for Morning Group: 10:00 am - Noon OR Evening Group: 6:00 - 8:00 pm. Set your summer intention and work with it in a mini journal or continue work in your regular journal. We will play with techniques and explore thinking outside the box/book with our journals! This will be a playful, vibrant, personal, satisfying way to keep your summer intention alive! No experience needed. Contact Tish for info 619-251-8474, tish@ExpressiveArtsSanDiego.com .

Join Us! **So You Want to Write? 5-Week BOOT CAMP!** Mondays, July 10th - August 7th, 6:00 - 8:15 p.m. \$195 - We will meet once a week and then you will receive writing prompts throughout the week! A fun summer writing experience 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

Schedule subject to change, call to RSVP and confirm.

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www.ExpressiveArtsSanDiego.com • 619-251-8474

See back for more offerings & info!

More Offerings!

NEW

KID'S CAMPS - Create with reusable materials! Possibilities include free creating with reusable materials, painting in the painting room, nature art, theater, music and movement! Lunch in the park. STEAM concepts, collaborating, creative thinking and problem solving.

Summer Camps August 14-17th (no camp on Fri) 9:00 a.m. -3:00 p.m.
August 21-24th (no camp on Fri) 9:00 a.m. - 3:00 p.m. Ages 5+. \$240 per child, for full-day camp. \$204 per sibling
 Contact joan@greenartlabs.com about 1/2 day and single-day options

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** - June 23rd, 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.

FOR KIDS:

Creative Kids - Ages 5-12, Mondays, 3:30-5:00 p.m. Take one or all!

Creative Families - Parent and toddler ages 2-5, Mondays, 10-11:00am.

See above for summer camps!

For info contact Joan Green: joan@greenartlabs.com (619) 206-6613. www.greenartlabs.com

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

- 1st & 3rd (and 5th) Tuesday evenings
- Friday day and Friday evenings except 4th Friday

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 for your guests!
- **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
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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