

# JULY Offerings

Celebrate your creative INDEPENDENCE this month by making art in community!

**NO PREVIOUS ART EXPERIENCE NEEDED!**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 <b>Creative Families!</b> 10:00-11:00 a.m. <b>*Open Studio</b> 1:00-4:00 pm	4 Independence Day	5 <b>*Paint to Music</b> 6:00-7:30 p.m. <b>*Open Studio</b> 7:30-9:00 pm	6 <b>Mini-Visioning Journal Groups Start</b> Choose from Morning 11:00 a.m. - 1:00 p.m. OR evening group 6:00 - 8:00 p.m.		8
9 <b>*Art Church</b> 10:00 a.m.	10 <b>Creative Families!</b> 10:00-11:00 a.m. <b>*Open Studio</b> 1-4 pm So You Want to Write? New Summer Group 6 pm	11 <b>*Women's Expression Session</b> 10a.m.-Noon <b>*Music Collective</b> 7:00 -9:00 p.m.	12 <b>*Paint to Music</b> 6:00-7:30 p.m. <b>*Open Studio</b> 7:30-9:00 pm	13 <b>New 12-week Visioning Journal Groups Start</b> September 7th. Choose from morning OR evening group. Sign up NOW!	14 <b>COUPLES DATE NIGHT ART FUN!</b> 7:00 - 9:00 p.m.	15 <b>Afternoon Private Event</b> <b>Bird, Cat, Dog Show Opening</b> 6-9:00 p.m.
16	17 <b>Creative Families!</b> 10:00-11:00 a.m. <b>*Open Studio</b> 1:00-4:00 pm	18 <b>*Women's Expression Session</b> 10a.m.-Noon <b>Let's Listen</b> 6:30 - 8:30 p.m.	19 <b>*Paint to Music</b> 6:00-7:30 p.m. <b>*Open Studio</b> 7:30-9:00 pm	20 <b>New 12-week Visioning Journal Groups Start</b> September 7th. Choose from morning OR evening group. Sign up NOW!	21	22 <b>Growing Your Own Art Practice</b> 10:00 am-1:00pm
23 <b>*Art Church</b> 10:00 a.m.	24 <b>Creative Families!</b> 10:00-11:00 a.m. <b>*Open Studio</b> 1:00-4:00 pm	25 <b>*Women's Expression Session</b> 10a.m.-Noon <b>*Music Collective</b> 7:00 -9:00 p.m.	26 <b>*Paint to Music</b> 6:00-7:30 p.m. <b>*Open Studio</b> 7:30-9:00 pm	27 <b>New 12-week Visioning Journal Groups Start</b> September 7th. Choose from morning OR evening group. Sign up NOW!	28 <b>*Art Happy Hour</b> 7:00 -11:00 p.m.	29 <b>Expressive Arts Institute Alumni Event</b> 10:00 a.m. <b>Cosmic Download</b> 1:30 - 3:30 p.m.
30 <b>Blind Art-Open Heart Workshop</b> 10:00 a.m. - 2:00 p.m.	31 <b>Creative Families!</b> 10:00-11:00 a.m. <b>*Open Studio</b> 1-4 pm				<b>*Offerings included in the 30-Day Express Pass Only \$99 (\$250+ value!)</b>	

**UPCOMING SPECIALTY OFFERINGS:**

See back for MORE & THE DETAILS for our REGULAR EVENTS

**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

**COUPLES DATE NIGHT - ART FUN!** Friday, July 14th, 7:00 - 9:00 p.m., \$50 per couple - Could be your first date or maybe you have been together for years! Come play and have a fun evening with your sweetie! Time together as a couple is so important! Get to know each other in a new way, through art! No previous art experience needed by either of you! You will have a chance to make art together, side by side and individually. Snacks and drinks by donation or bring your own. RSVP and info, contact Tish: 619-251-8474 or tish@ExpressiveArtsSanDiego.com

**FUN!** **Bird-Cat-Dog Show** - Saturday, July 15th, 6-9:00 p.m., A FREE community event! Everyone loves birds cats or dogs, don't they? Come have fun celebrating animal art and a chance for you to make bird, cat and dog art, too!

**ARTIST CALL FOR ENTRY:** Deliver art for consideration on Sunday, July 9th or Monday, July 10th , 1-3:00 p.m. Must contain a bird, dog or cat!

**Join Us!** **Let's Listen** - Tuesday, July 18th, 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! Learn to identify when you stop listening. For more info contact: Michael Robinson 360-301-3198 or michael.s.robinson@gmail.com

**YES!** **Growing Your Own Art Practice - Intro Workshop** - Saturday, July 22nd, 10:00 a.m. - 1:00 p.m., \$50. Have you had the idea that making some sort of art REGULARLY would feed your soul? AND, has it been difficult to get started or keep going? OR you don't know what project to do or where to start? This workshop is designed to help you get started and keep going! Can be in any disciplines of art: visual, dance, music, writing or drama. Small investment in living a BIG life! No art experience needed! Info/RSVP: Tish 619-251-8474 or tish@ExpressiveArtsSanDiego.com.

**NEW!** **The August Total Solar Eclipse, Revolution or Evolution?** - Saturday, July 29th, 1:30 - 3:30 p.m., \$20 before 7/22; \$25 after. Join Intuitive Anna Celestino and Astrologer Simone Butler, co-hosts of the popular **Cosmic Download** podcast, to find out what's shaking at this major summer eclipse. Bring burning questions and astrology chart if you have it. R.S.V.P to simone@astroalchemy.com.

**NEW!** **Blind Art - Open Heart - Playing with Art and Your Critic** - Sunday, July 30th, 10:00 am -2:00 p.m., \$75 includes materials. Does your critic get in the way of expressing yourself creatively or living the life you want to live? We will be doing a series of blind art exercises. That's right, eyes closed, so there is no way to fail! No art experience needed. Info/RSVP contact Tish: 619-251-8474 or 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!



**KID'S SUMMER CAMPS - Create with reusable materials!** Possibilities include free creating with reusable materials, painting the painting room, nature art, theater, music and movement! Lunch in the park. STEAM concepts, collaborating, creative thinking!  
**Choose from:** **August 14-18th**, 9:00 a.m. -3:00 p.m. Ages 5+. \$300 per child, for full-day camp. \$255 per sibling  
**August 21-25th**, 9:00 a.m. - 3:00 p.m. Ages 5+. \$300 per child, for full-day camp. \$255 per sibling  
 Contact joan@greenartlabs.com about 1/2 day and single-day options. Sign up at [www.greenartlabs.com/schedule/](http://www.greenartlabs.com/schedule/)



**Join Us! Visioning Journal Group - FALL 12-Week Group starts September 7th!** -Thursdays, sign up for Morning Group: 11:00 am - 1:00 pm OR Evening Group: 6:00 - 8:00 pm, \$480. 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, even before coming true. And, make art in community! 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.



**Join Us! So You Want to Write a Book? SPRING 12-Week Group starts September 11th!** Mondays, 6:00 - 8:15 p.m., 12-week commitment, \$480. Have you had the idea that you would like to write a book, or write anything? 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 writing exercises that will help you find your voice. You do not need to know what you want to write. Writing is a solitary process, the support of the group can help you feel connected to others when writing. RSVP/info, contact Tish: 619-251-8474 tish@ExpressiveArtsSanDiego.com

## Regular Event Descriptions

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

**\* Open Studios - This Month: Mondays 1-4:00 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. \$12.

**\* 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 - July 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.

### FOR KIDS THIS SUMMER:

**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](http://www.greenartlabs.com)

## Expressive Arts Therapy 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 for your guests!
- Custom ART HAPPY HOUR, Paint to Music 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, private practice or events.



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