



“Artist is a Verb” AND “Scribble Art”

are available at the studio to inspire you to CREATE!

Artist is a Verb is available to order from your local Independent bookstore, Amazon, Barnes & Noble and other on-line booksellers. Scribble Art is available on Amazon.

Get inspired!

In-Person Offerings

Regular Weekly and Monthly Events



* Art Happy Hour(s)

Friday, October 18th • 7:00-10:30 p.m. • \$30 REGISTER: SCAN QR CODE (below)
Drop-in for all or a little. Leave with art you made! Doodle, collage, paint, wander with art! We have prompts to get you started or do your own thing. Play like you are in kindergarten! Great for singles, date night, friends night out, and birthdays!



* Paint to Music - Wednesdays

6:00 - 7:30 p.m. • \$30 (Includes Open Studio until 9:00 p.m.)
Let the music move you to play with color and shape and get your creativity moving! When you work fast there is less time for the critic to jump in! No experience needed! This easy class will help you release stress from your day & have FUN! All materials included. MUST PRE-REGISTER: SCAN QR CODE (above right)



* Writer's Open Mic

Quarterly: 2nd Friday of February, May, August & November
Next is November 8th • 7:00 - 9:00 p.m. \$15 donation appreciated.

Bring something to read (5 minutes) or come to listen & support the writers. All kinds of written creative genius invited: poetry, prose, fiction, memoir, story, rant, scene. A supportive atmosphere for beginners to professionals. REGISTER: SCAN QR CODE (above)



* Art Church - 2nd Sundays in person

September 8th & October 13th • 10:00 a.m. - 12:15 p.m., \$30 TEXT 619-251-8474 to RSVP
This is “inner church,” a chance to make art from a slow, quiet place, yet still be in community. Use the arts to have a conversation with yourself and connect to your longings and gifts. Find balance to bring into your week ahead. No art experience needed. (This is not religious, yet you can make connections to your own beliefs.) All materials included.



* Music Collective - 1st & 3rd Saturdays

6:00-9:00 p.m. • \$15 donation appreciated.
Musicians • Singers • Songwriters • Play, jam, collaborate, network, get feedback, listen, experiment, try something new, improvise, and build community. ALL LEVELS WELCOME, BEGINNERS TO EXPERT, AUDIENCE INVITED, too!
For info or to confirm meeting, all Ray Muniz 619-318-2315

See other side for more offerings!

*Included in our \$111 Monthly 30-Day Pass

COVID UPDATE: Masks are optional at all events.

Schedule subject to change, call to RSVP and confirm.

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tish@ExpressiveArtsSanDiego.com • www.ExpressiveArtsSanDiego.com • 619-251-8474



MORE In-Person Offerings



Expressive Arts Movement

1st and 3rd Tuesdays - 6:30 p.m. - 7:30 p.m. \$15

Get your body moving! No dance experience is needed, you can even do this sitting down. Upbeat, uplifting songs and be guided to become joyful through movement, music, & community. Shy movers welcome. For Info and RSVP contact Michele Lyons 858-357-3207

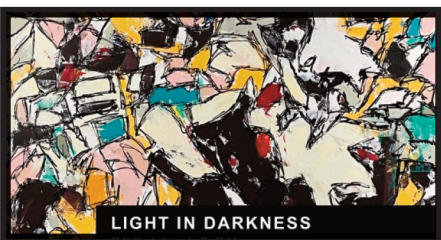


Yoga & Paint Play Workshop

Saturday, October 19th - 10:00 a.m. - Noon • \$25

Connect through yoga, movements, energy work, and intuitive paint play! For Info and RSVP go to SymbolsFromTheSun.com

Playback Theatre: Improv with Heart 1st Saturdays, \$25 Contact Francine Hoffman (858) 200-6617, PlaybackTheatreSanDiego.com



LIGHT IN DARKNESS Show

A Unique Celebration of Art, Community, and Mental Health

SHOW OPENING: Saturday, September 14th, 4:00 - 7:00 p.m.

Mental Wellness Resource Fair: Saturday, October 12th, 4:00 - 7:00 p.m.

Free Community Events. Presented by Mental Wellness for Artists (MWA)

Kids Classes

MONDAY After School ART Class:
Drawing, Painting & Collage

CONTACT THERESE ROSSI FOR more info.
619-395-5847 (call or text)

ON-LINE OFFERINGS - JOIN US from anywhere in the world! Register for ONLINE EVENTS at Eventbrite.com (SCAN QR CODE BELOW)

On-Line Offerings



* Women's Expression Session - ON-LINE

Tuesdays - 10:00 - 12:15 p.m. (Pacific Time) \$25

How are you at taking time for you? This is an attitude adjustment with art, you can de-stress from life or work, drop the kids at school and come play, return to your to-do list with a new outlook. Come relax, play in the arts, be in the company of women & maybe have an insight that helps create change! PRE-REGISTER: SCAN QR CODE (left)

ON-LINE GROUP



* Art Church - Art as an Inner Journey

4th Sundays - ON-LINE 10:00 a.m.-12:15 p.m. (Pacific Time) \$25

This is "inner church," a chance to make art from a slow, quiet place, yet still be in community. Use the arts to have a conversation with yourself and connect to your longings and gifts. (This is not religious, yet if you want to make connections to your own religious beliefs, you can.) PRE-REGISTER: SCAN QR CODE (above, left)



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