

Expressive Arts
@ 32nd & Thorn

**ART CAN HELP YOU
STAY BALANCED!**

Get inspired!

**NO
PREVIOUS
ART
EXPERIENCE
NEEDED!**

GREAT GIFTS! “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 and signed copies at the studio. Scribble Art is available on Amazon and at the studio.

In-Person Offerings

The Art of ANGER*
Anger + Art Can Help Change the World!



The ART of ANGER

Anger + Art Can Help Change the World!

3 Thursdays: March 27, April 3 & 10, \$210

Women's Morning Group 10:00am-1:00pm

or Mixed Gender Evening Group 6:00-9:00pm

For info or to register: Text 619-251-8474

Our 3 week journey offers the opportunity to explore creative, constructive ways to express anger using the Expressive Arts.



Paint to Music!

* **Paint to Music - Wednesdays** No group on Holidays

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. No

meeting 12/25 and 1/1. MUST PRE-REGISTER: SCAN QR CODE (above right)



Writers' OPEN MIC

* **Writer's Open Mic**

Next is Friday, March 14th! Monthly 2nd Fridays

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

* **Art Church IN-PERSON**

Usually 4th Sundays Next is March 23rd (Text to confirm & RSVP) 10:00 a.m. - 12:15 p.m., \$30

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

* **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

Schedule subject to change, TEXT to RSVP and confirm.

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Fire of the Soul - Collection of recent paintings by Ty Bennett.

Artist Talk - Saturday, March 8th, 6:00 - 8:00 p.m. A MUST SEE SHOW!

Meet the artist and learn about his creative process as he shares his vision, themes, inspiration, and life events that have informed his artwork. Ty Bennett is a self-taught visionary artist whose intuitive-surrealist style is expressed through obsessive detail, density of imagery, and a vivid color palette. His paintings transform the unconscious into super-consciousness in the belief that art can transform the evil and suffering that is taking over the world by accessing the higher Self. Exhibit will be up until March 29th Visit on Wednesdays, 7:30 - 9:00 p.m. Or by appt.



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



Playback Theatre: Improv with Heart 2nd Saturdays: March 8th, 9:30 - Noon. \$20

Do you have a dramatic spark in you that needs an outlet? Learn improvisation in which we use real life stories as our scripts. Rehearse with Minstrels of Story Playback Troupe All levels welcome! No experience needed! For more info and to register contact Francine Hoffman: 858-200-6617 6617, PlaybackTheatreSanDiego.com



Create an original piece of art inspired by a song or piece of music.
Please be sure your music is available on Spotify.
For Original music, please record it and make it available on Spotify.
(We can help you do that if needed.)

Open Call to Artists Music as Muse

Submit Visual Art Inspired by Music!

Artists Deliver Work:

Wednesday, April 2nd
3:00-5:00 p.m. and 7:30 - 9:00 p.m.
or make other arrangements.

Text 619-251-8474 for more info

Don't miss it!

Show Opening
An interactive evening!
Saturday, April 12th
5:00 - 7:00 p.m.

Kids Classes & Camps

MONDAY After School ART Class
Drawing, Painting, Collage & More!

**SPRING
SESSION STARTING!**

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 GROUP!

* 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 (right)



Art Church

* Art Church - Art as an Inner Journey

Usually 2nd Sundays (Text to confirm) - ON-LINE 10:00 a.m.-12:15 p.m. (P 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, right)

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