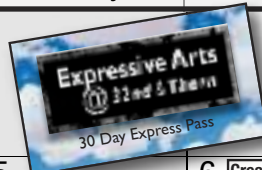




March toward the creative life that your spirit is yearning for!

**NO PREVIOUS ART EXPERIENCE NEEDED!**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 5 Weekend Yoga Rascals Children's Yoga Teacher Training, for info: <a href="http://www.yogarasicals.com">www.yogarasicals.com</a>	*Offerings included in the <b>30-Day Express Pass Only \$89</b> (\$300+ value!)		1 <b>Creative Families!</b> 10:00-11:00 a.m. * <b>Paint to Music</b> 6:00-7:30 p.m. * <b>Open Studio</b> 7:30-9:00 pm	2 <b>Visioning Journal Groups</b> Sign up for the Spring Group, starts in April 6th!	3 <b>Private Event</b>	4 <b>Weekend Yoga Rascals Children's Yoga Teacher Training</b> , for info: <a href="http://www.yogarasicals.com">www.yogarasicals.com</a>
6 <b>Creative Home School Kids!</b> 10-11:30 am * <b>Open Studio</b> 1:00 - 3:00 <b>Creative Kids!</b> 3:30-5:00 pm So You Want to Write? 6:00 p.m.	7 <b>*Women's Expression Session</b> 10a.m.-Noon	8 <b>Creative Families!</b> 10:00-11:00 a.m. * <b>Paint to Music</b> 6:00-7:30 p.m. * <b>Open Studio</b> 7:30-9:00 pm	9 <b>Visioning Journal Groups</b> Sign up for the Spring Group, starts in April 6th!	10 <b>Private Event</b>	11 <b>Playback Theater Practice</b> 9:00 a.m. - Noon PlaybackTheatreSanDiego.com (Private Event)	12 <b>*Art Church</b> 10:00 a.m. <b>Women's Expressive Arts Drumming</b> 1:00 - 3:00 p.m. Deliver Art for HOME Show 3-5pm
13 <b>Creative Home School Kids!</b> 10-11:30 am * <b>Open Studio</b> 1:00 - 3:00 <b>Creative Kids!</b> 3:30-5:00 pm So You Want to Write? 6:00 p.m.	14 <b>*Women's Expression Session</b> 10a.m.-Noon <b>*Music Collective</b> 7:00 -9:00 p.m.	15 <b>Creative Families!</b> 10:00-11:00 a.m. * <b>Paint to Music</b> 6:00-7:30 p.m. * <b>Open Studio</b> 7:30-9:00 pm	16 <b>Visioning Journal Groups</b> Sign up for the Spring Group, starts in April 6th!	17 <b>UNLEASH Your Voice!</b> 6:30-8:30 p.m.	18 <b>Kid's Yoga</b> 9:00 - 10:00 a.m. <b>Travel Hacking Master Class</b> 2:00 - 4:00 <b>No Place Like Home Show Opening</b> 6-9:00 p.m.	19 <b>*Art Church</b> 10:00 a.m.
20 <b>Creative Home School Kids!</b> 10-11:30 am * <b>Open Studio</b> 1:00 - 3:00 <b>Creative Kids!</b> 3:30-5:00 pm So You Want to Write? 6:00 p.m.	21 <b>*Women's Expression Session</b> 10a.m.-Noon <b>*ACTION STUDIO</b> 6:30 - 8:00 p.m.	22 <b>Creative Families!</b> 10:00-11:00 a.m. * <b>Paint to Music</b> 6:00-7:30 p.m. * <b>Open Studio</b> 7:30-9:00 pm	23 <b>Creative Kids Spring Break Camp</b> 9:00 a.m. - 3:00 p.m.	24 <b>*Art Happy Hour</b> 7:00 - 11:00 p.m.	25 <b>Kid's Yoga</b> 9:00 - 10:00 a.m. <b>DIY Workshop</b> 10:30 a.m.-Noon <b>African Jam Drum &amp; Dance with Jibby</b> 7:00-8:30 p.m.	26 <b>*Art Church</b> 10:00 a.m.
27 <b>Creative Kids Spring Break Camp</b> 9:00 a.m. - 3:00 p.m. So You Want to Write? 6:00 p.m.	28 <b>*Women's Expression Session</b> 10a.m.-Noon <b>Creative Kids Spring Break Camp</b> 9:00 a.m. - 3:00 p.m. <b>*Music Collective</b> 7:00 -9:00 p.m.	29 <b>Creative Kids Spring Break Camp</b> 9:00 a.m. - 3:00 p.m. * <b>Paint to Music</b> 6:00-7:30 p.m. * <b>Open Studio</b> 7:30-9:00 pm	30 <b>Creative Kids Spring Break Camp</b> 9:00 a.m. - 3:00 p.m.	31 <b>Creative Kids Spring Break Camp</b> 9:00 a.m. - 1:00 p.m. <b>Private Event</b>		

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

**Expressive Arts Drumming for Women** - Sunday, March 12th, 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 ART/DRUMMING/MOVEMENT EXPERIENCE NEEDED. Info/RSVP contact Michele: [mlyons@san.rn.com](mailto:mlyons@san.rn.com) or (858)357-3207.

**NEW! Unleash your Voice - Chakra Series**, Friday, March 17th, 6:30 - 8:30 p.m. This is a community offering exploring the Chakra system using sound, voice & improvisation. Your participation is essential in co-creating the experience. Ignite your personal power and self-confidence when we set fire to Manipura (Solar Plexus) Chakra. To learn more and register visit: [www.sitarose.com](http://www.sitarose.com)

**No Place Like Home Show Opening** - Saturday, March 18th, 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! (CALL FOR ARTISTS: Deliver art Sunday, March 12th 3:00-5:00 p.m.)

**NEW! Travel Hacking Master Class-Learn how to Travel Anywhere in the World .... for Free!**, Saturday, March 18th, 2:00-4:00 p.m., \$25. In this workshop we'll focus on how to strategically rack up points in different reward programs, (primarily through Credit Card sign-on bonuses)...to get FREE flights and hotels around the world. Bring your laptop and have your dream destination in mind. You will leave the class armed with the EXACT strategy you need to get there... in as little as 4 months! For information and registration contact Kristyn at (324) 558-42298 or [kristyn@elixifyourlife.com](mailto:kristyn@elixifyourlife.com)

**NEW! ACTION STUDIO** - Tuesday, March 21st, 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, 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. Questions & info contact Tish 619-251-8474.

**NEW! Kids Yoga Class** - March 18 - May 6 • 8-week session - 9-10am • \$120.00, 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@yogarasicals.com](mailto:info@yogarasicals.com) To register go to [www.yogarasicals.com/kids-yoga.html](http://www.yogarasicals.com/kids-yoga.html)

**NEW! DIY Workshop - All ages** Saturday, March 25th, 10:00-12:00 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](http://www.greenartlabs.com).

**NEW! Spring Break Camp for Kids—Kooky Creatures and Their Towns!** March 27th-31st - Monday - Thursday 9:00 a.m. - 3:00 p.m. Friday 9:00 - 1:00 p.m. \$345 per week. \$75 per day. \$40 per 1/2 day. Ages 5+. Join Joan of Green Art Labs and Therese Rossi of the Young Artist Program. Robots, monsters, fairies and other creatures may appear from our treasure boxes of colorful odds and ends. Create towns with boxes, fabric, jewelry and paint. The possibilities are endless. 20 students max. 8:1 student/teacher ratio. Register at [www.greenartlabs.com/schedule](http://www.greenartlabs.com/schedule). Questions? Call Joan at (619) 206-6613 or Therese (619) 395-5847.

Schedule subject to change, call to RSVP and confirm.

©2017 Expressive Arts @ 32nd & Thorn • 3201 Thorn Street, San Diego, 92104

[www.ExpressiveArtsSanDiego.com](http://www.ExpressiveArtsSanDiego.com) • 619-251-8474

**See back for more offerings & info!**

**YES!** **African Jam with Jibby** - \$10 Donation. Saturday, March 25th, 7:00 - 8:30 p.m. 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,

**Creative Kids** Children will express their creativity and have fun experimenting. **Creative Families** - You will deepen your relationship with your child through art making in this class. For more info contact Joan Green: joan@greenartlabs.com, (619) 206-6613. www.greenartlabs.com

**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, \$335 early bird by 3/17, \$375 After 3/17. 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 10-Week Group starts April 10th!** Mondays, 6:00 - 8:15 p.m., 10-week commitment, \$335 early bird by 3/17, \$375 After 3/17. 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 and info, contact Tish: 619-251-8474

## Regular Event Descriptions \*Events included in the 30 Day Pass

**\* 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 - March 24th, 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.

## 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

**GREAT GIFT ITEMS!**  
30 Day Express Pass \$89 (\$230+ value)  
30 Day Open Studio Pass \$50 (\$80+ value)  
One Class Pass \$10 - \$20  
Gift Certificates  
Art, Cards, Magnets and More!

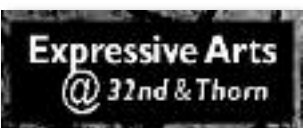
**On-going studio rental for your classes, groups or private practice.**  
**Current Blocks of Availability**  
**Call for more info**  
• Sunday evenings  
• 1st & 3rd (and 5th) Tuesday evenings  
• Fridays day and 2nd & 3rd evenings

**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.**

## 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



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**

©2017 Tish McAllise Sjoberg / Art Helps Art Heals / Expressive Arts @ 32nd & Thorn / Expressive Arts San Diego  
• Schedule subject to change, call to RSVP and confirm • Work/study available, when possible, no one turned away for lack of funds