


# MAY Offerings

Yes you MAY answer that call to live a more creative life, and here are options! Answer the call!

**NO PREVIOUS ART EXPERIENCE NEEDED!**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p><b>BOOK A DATE NOW FOR YOUR BEST EVER PARTY!</b> No art experience needed by your guests!</p>	<p><b>1</b> <b>Creative Families!</b> 10:00-11:00 a.m. *<b>Open Studio</b> 1-3 pm <b>Creative Kids!</b> 3:30-5:00 pm So You Want to Write? 6 p.m.</p>	<p><b>2</b> *<b>Women's Expression Session</b> 10a.m.-Noon <b>Creative Kids!</b> 3:30-5:00 pm</p>	<p><b>3</b> <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</p>	<p><b>4</b> <b>Visioning Journal Groups</b> Sign up for the Summer Group, starts in July!</p>	<p><b>5</b> <b>Yoga Rascals Children's Yoga Teacher Training</b> <b>Creative Kids!</b> 3:30-5:00 pm</p>	<p><b>6</b> <b>Kid's Yoga</b> 9:00 - 10:00 a.m. Weekend Yoga Rascals Children's Yoga Teacher Training, for info: <a href="http://www.yogarascols.com">www.yogarascols.com</a></p>	
<p><b>7</b> <b>Weekend Yoga Rascals Children's Yoga Teacher Training</b>, for info: <a href="http://www.yogarascols.com">www.yogarascols.com</a></p>	<p><b>8</b> <b>Creative Families!</b> 10:00-11:00 a.m. *<b>Open Studio</b> 1-3 pm <b>Creative Kids!</b> 3:30-5:00 pm So You Want to Write? 6 p.m.</p>	<p><b>9</b> *<b>Women's Expression Session</b> 10a.m.-Noon <b>Creative Kids!</b> 3:30-5:00 pm *<b>Music Collective</b> 7:00 -9:00 p.m.</p>	<p><b>10</b> <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</p>	<p><b>11</b> <b>Visioning Journal Groups</b> Sign up for the Summer Group, starts in July!</p>	<p><b>12</b> <b>Creative Kids!</b> 3:30-5:00 pm <b>Inner Wild Child Immersion for Women</b></p>	<p><b>13</b> <b>Inner Wild Child Immersion for Women</b> <b>Make-A-Wish Fundraiser Event</b> 7:30-9:30 p.m.</p>	
<p><b>14</b> *<b>Art Church</b> 10:00 a.m. Mother's Day</p>	<p><b>15</b> <b>Creative Families!</b> 10:00-11:00 a.m. *<b>Open Studio</b> 1-3 pm <b>Creative Kids!</b> 3:30-5:00 pm So You Want to Write? 6 p.m.</p>	<p><b>16</b> *<b>Women's Expression Session</b> 10a.m.-Noon <b>Creative Kids!</b> 3:30-5:00 pm <b>Let's Listen</b> 6:30 - 8:30 p.m.</p>	<p><b>17</b> <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</p>	<p><b>18</b> <b>Visioning Journal Groups</b> Sign up for the Summer Group, starts in July!</p>	<p><b>19</b> <b>Creative Kids!</b> 3:30-5:00 pm</p>	<p><b>20</b> <b>ARTISTS OF NORTH PARK Show</b> Opening 6-9:00 p.m.</p>	
<p><b>21</b></p>	<p><b>22</b> <b>Creative Families!</b> 10:00-11:00 a.m. *<b>Open Studio</b> 1-3 pm <b>Creative Kids!</b> 3:30-5:00 pm So You Want to Write? 6 p.m.</p>	<p><b>23</b> *<b>Women's Express Session</b> 10a.m <b>Creative Kids!</b> 3:30 pm <b>FREE Talk Inspiring &amp; Healing</b> 5:30 p.m - 6:30 p.m. *<b>Music Collective</b> 7:00 -9:00 p.m.</p>	<p><b>24</b> <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</p>	<p><b>25</b> <b>Visioning Journal Groups</b> Sign up for the Summer Group, starts in July!</p>	<p><b>26</b> <b>Creative Kids CAMP!</b> 9:00 a.m.-3:00 pm *<b>Art Happy Hour</b> 7:00 -11:00 p.m.</p>	<p><b>27</b></p>	
<p><b>28</b> *<b>Art Church</b> 10:00 a.m.</p>	<p><b>29</b> Memorial Day</p>	<p><b>30</b> *<b>Women's Expression Session</b> 10a.m.-Noon <b>Creative Kids!</b> 3:30-5:00 pm</p>	<p><b>31</b> <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</p>	<p>*Offerings included in the <b>30-Day Express Pass Only \$99</b> (\$280+ value!)</p>			

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

**NEW!** **Inner Wild Child Immersion for Women** - Friday, May 12th, 6:00-8:00 p.m. and Saturday May 13th, 9:30-5:30pm, \$249 per person. "When I'm wild, I'm not anxious" Join Kate Randall & Jennifer Pennell as they lead you on a journey into your own untamable spirit. A rare opportunity to reclaim your inner wild child. You may know her as the part of you that is free, uninhibited and adventurous. You may have never known her or lost touch with her a long time ago. This immersion will create a space where the inner wild child can emerge through guided activities, creativity and full tilt play. Contact: Jennifer Pennell (619) 356-1147 or [jennifer@shinelevity.com](mailto:jennifer@shinelevity.com), [www.inner-wild.com](http://www.inner-wild.com).

**NEW!** **Let's Listen** - Tuesday, May 16th 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. Michael Robinson 360-301-3198 or [michael.s.robinson@gmail.com](mailto:michael.s.robinson@gmail.com)

**7th Annual Artists of North Park Show OPENING** - Saturday, May 20th, 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! CALL FOR ARTIST- Artists who work, live or make their art in North Park. Visual artists submit work on Sunday, 5/14 3:30-5:00 p.m. or Monday, 5/15 1-3:00 p.m. or make other arrangements. Poets, writers, musicians, dancers and other performance arts are invited to present at the opening at 7:30 p.m. JOIN US!

**NEW!** **FREE TALK: Inspiration as a Pathway to Healing** - Tuesday, May 23rd 5:30 - 6:30 p.m. Tuesday, May 23rd, 5:30-6:30pm. We'll discuss where inspiration comes from, how to recognize and cultivate it, and how we can align with the force of inspiration at will. We will also look at what creativity and healing have in common. For info contact: Jennifer Pennell (619) 356-1147 or [jennifer@shinelevity.com](mailto:jennifer@shinelevity.com), [www.inner-wild.com](http://www.inner-wild.com).

**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](mailto:jennifer@shinelevity.com), [www.inner-wild.com](http://www.inner-wild.com). Register: <https://squareup.com/store/awakeningthethirdeye>

**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.  
**Memorial Day Camp - Friday, May 26th, 9:00 a.m. - 3:00 p.m.** \$60 per child. \$51 per sibling (15% sibling discount) Ages 5+.  
**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](mailto:joan@greenartlabs.com) about 1/2 day and single-day options

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

## More Offerings!

Join Us!

**Visioning Journal Group - SUMMER 8-Week Group starts in July!** -Thursdays Sign up for Morning Group: 11:00 am - 1:00 pm OR Evening Group: 6:00 - 8:00 pm, (Dates will be announced soon!) Let 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! Make art in community! No experience needed. Contact Tish for info 619-251-8474, tish@ExpressiveArtsSanDiego.com .

Join Us!

**So You Want to Write a Book? SUMMER 8-Week Group starts In July!** Mondays, 6:00 - 8:15 p.m., (Dates will be announced soon!) Have you had the idea that you would like to write a book, or write anything? This on-going 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. RSVP and info, contact Tish: 619-251-8474

## 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 - May 26th, 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, Tuesdays & Fridays, 3:30-5:00 p.m.** Take one or all!

**Creative Families - Parent and toddler ages 2-5, Mondays, and/or Wednesdays, 10-11:00am.** For info contact Joan Green: joan@greenartlabs.com (619) 206-6613. www.greenartlabs.com

## 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

\$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  
**www.ExpressiveArtsSanDiego.com • 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