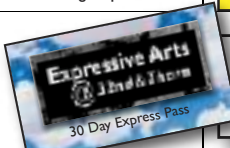


# January Offerings

**START the Year ARTFULLY!**  
(De-stress & have FUN, too!)

**NO PREVIOUS ART EXPERIENCE NEEDED!**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> HAPPY NEW YEAR EVERYONE! Let's make it an EXPRESSIVE year!	<b>2</b> *Women's Expression Session 10a.m.-Noon	<b>3</b> *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	<b>4</b> New Visioning Journal Groups start January 4th, 11:00a - 1:00p or 6:00 - 8:00p sign up now-2 openings!	<b>5</b>	<b>6</b> Paint, Sculpt, Collage 10:30 a.m.-12:30 p.m.
<b>7</b>	<b>8</b> Creative Families! 10:00-Noon *Open Studio 1:00-3:00 pm Creative Kids! 3:30-5:00 pm New 12-wk Writing Support Group Starts	<b>9</b> *Women's Expression Session 10a.m.-Noon Creative Kids! 3:30-5:00 pm *Music Collective 7:00-9:00 p.m.	<b>10</b> Creative Families! 10:00-Noon *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	<b>11</b> Visioning Journal Groups New Groups start April 12th, Sign up now!	<b>12</b>	<b>13</b> Art & Vision Board Workshop 1:30-4:00 pm
<b>14</b> *Art Church 10:00 a.m. Grow Your Own Art Practice Workshop 1:00 - 5:00 p.m.	<b>15</b> Creative Kids 9:00 am -3:00 pm M L King Day NO Open Studio	<b>16</b> *Women's Expression Session 10a.m.-Noon Creative Kids! 3:30-5:00 pm Why Play Matters FREE - 6:00 p.m.	<b>17</b> Creative Families! 10:00-Noon *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	<b>18</b> Visioning Journal Groups New Groups start April 12th, Sign up now!	<b>19</b>	<b>20</b> Yoga & Mindfulness in the Classroom 9am-4pm FREE Info Session for Kids Yoga Teacher Training 4:15pm OPENING: Therese Rossi Paintings A FREE Event 6-9:00 p.m.
<b>21</b> NEW! Permission for WOMEN to PLAY Workshop 1:00 - 5:00 p.m.	<b>22</b> Creative Families! 10:00-Noon *Open Studio 1:00-3:00 pm Creative Kids! 3:30-5:00 pm	<b>23</b> *Women's Expression Session 10a.m.-Noon Creative Kids! 3:30-5:00 pm *Music Collective 7:00-9:00 p.m.	<b>24</b> Creative Families! 10:00-Noon *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	<b>25</b> Visioning Journal Groups New Groups start April 12th, Sign up now!	<b>26</b> *Art Happy Hour 7:00 -11:00 p.m. (Singles, couples, friends, family!)	<b>27</b> Find Your Story, Shape Your Story, Tell Your Story! Workshop 1:00-5:00 p.m. Storytelling Performance 7:00 p.m., \$10
<b>28</b> *Art Church 10:00 a.m.	<b>29</b> Creative Families! 10:00-Noon *Open Studio 1:00-3:00 pm Creative Kids! 3:30-5:00 pm	<b>30</b> *Women's Expression Session 10a.m.-Noon Creative Kids! 3:30-5:00 pm	<b>31</b> Creative Families! 10:00-Noon *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	 <p>*Offerings included in the 30-Day Express Pass Only \$99 (\$300+ value!)</p>		

See back for MORE & THE DETAILS for our REGULAR EVENTS

**YES!** **Grow Your Own Art Practice in 2018** - Sunday, January 14th, 1:00 p.m. - 5:00 p.m., \$75. 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. A small investment in living a BIG life! No art experience needed! Info/RSVP: Tish 619-251-8474 or tish@ExpressiveArtsSanDiego.com.

**Paint, Sculpt, Collage** - Saturdays, January 6th, 10:30 a.m.-12:30 p.m., \$20 each class. Join us for a fun art class; a creative facilitation of art making. Learn to create effortlessly and with ease! Facilitated by: Saedeh Bani Rahimi, M.A., Expressive Arts Therapist. For info and RSVP contact Saedah at: saeedbaniart@gmail.com or (858) 245-3786.

**NEW!** **Art & Vision Board Workshop for 2018** - Saturday, January 13th, 1:30-4:00 p.m., \$35 - Early Bird til Jan. 9, \$40 - after Jan. 9th. Join Joan & Liz for a journey of pure connection to your vision for 2018. Includes a heart-centered guided meditation to move from your mind to into your spiritual intentions for an uplifting 2018 & art making with artist Joan Green—a powerful process. Info & Sign up: greenartlabs.com/adult/

**Why Play Matters**-January 16th, 6-7:00 p.m. FREE. We often think of play as the realm of children. For us adults, being in a sense of playfulness can feel like a nice-to-have, or even an indulgence in light of all the serious business and serious lives that we hold. Yet, being in a sense of play can be the surprising antidote to anxiety and stress. More about Jennifer Pennell at www.shinelevity.com. Please RSVP at: jennifer@shinelevity.com.

**Yoga & Mindfulness in the Elementary Classroom** - Saturday, January 20th, 9:00a.m. - 4:00 p.m. Interactive 6-hr. workshop for elementary school teachers. Learn how to integrate effective practices and strategies into your daily schedule to help create a calm and peaceful classroom climate. www.yogarascales.com/yoga--mindfulness-in-the-classroom.html

**FREE Info Session for Kids Yoga Teacher Training** - Saturday, January 20th, 4:15 - 5:00 p.m. Find out about our 95-hr. Yoga Alliance® registered Children's Yoga Teacher Training. Come to this free info session and we will honor the early bird rate for you. Reserve your spot: info@yogarascales.com (95-Hr. Children's Yoga Teacher Training 3 weekend intensives, March-May, 2018) www.yogarascales.com/teacher-training.html

**Join Us!** **3rd Saturday Show Opening: Works by Therese Rossi** - Saturday, January 20th • 6:00 - 9:00 p.m. Works in Oil and Pastel Based on Landscapes and Gardens. A FREE community event!

**NEW!** **Permission to Play for Women—A Four Hour Playshop for Women** - Sunday, January 21st, 1-5:00 p.m., \$127. Join Jennifer Pennell in an afternoon of fun, play, meditation, insights, silliness and full permission. The sense of play is key to a happier, more present and fulfilling life. It is the secret sauce to feeling alive and rejuvenated. The practices are designed to bring a lighthearted approach to nourish your soul with lasting effects and tools to bring joy to your everyday life. To register and find out more: www.shinelevity.com/workshops/permission-to-play

**NEW!** **Find Your Story, Shape Your Story, Tell Your Story!** - Storytelling Workshop & Performance with Moth Grand Slam champion and Expressive Arts Therapist, **Donna Otter** - Saturday, January 27th, 1-5 p.m. workshop, 7 pm performance, \$90. You do not need to come in with a story in mind. I will help you find your story. We are all storytellers- it's how we connect with each other and make sense of the chaos. Listen to stories here: themoth.org Fun! Tender! Intimate! Fulfilling! Contact: dotter336@gmail.com, 619-546-4730. Audience for Performance, 7pm, \$10

Schedule subject to change, call to RSVP and confirm.

See back for more offerings & info!

**NEW! Writing Support - Afternoon Workshop** Sunday, February 11th, 1:00 - 5:00 p.m., \$45. If you have wondered what our 12 week group is like, this will give you an idea. This 4-hour workshop is designed to support you in your writing—create a plan for on-going writing, receive support from others, writing prompts and a chance to work with a project if you have one. This is not a how to write class but you will learn new things about you and your writing! No writing experience needed. RSVP/info, Tish: 619-251-8474 or tish@ExpressiveArtsSanDiego.com

**Sign UP!** **Visioning Journal Groups - New 10-Week Group Starts April 12th** Thursdays. Sign up for Morning Group: 11:00 am - 1:00 pm OR Evening Group: 6:00 - 8:00 pm, \$380. 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 intention alive, as you work toward it. And, make art in community! No experience needed, just the desire to take your life and your art making deeper! RSVP— Payment holds your spot. RSVP/info, contact Tish: 619-251-8474 or tish@ExpressiveArtsSanDiego.com

**Sign UP!** **So You Want to Write a Book? New 10-Week Group Starts April 16th!** Mondays, 6:00 - 8:15 p.m., **10-week commitment**, \$380. 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, support and receive support from 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, Tish: 619-251-8474 or tish@ExpressiveArtsSanDiego.com

## 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** - January 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. Use the arts to have a conversation with yourself and connect to our longings and gifts. This is not religious yet if you want to make connections to your own religion, you can.

### FOR KIDS:

**Creative Families** - Parent and toddler ages 2-5, Mondays &/or Wednesdays, 10-Noon.

**Creative KIDS After School Classes:** Mondays &/or Tuesdays, 3:30 p.m. - 5:00 p.m.

For info contact Joan Green: joan@greenartlabs.com (619) 206-6613. www.greenartlabs.com

**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.

**On-going studio rental for your classes, groups or private practice. (\$30/hr)**  
Call for more info and Current Availability

**GREAT GIFT ITEMS!**  
Passes  
Gift Certificates  
Scribble Books  
Art, Cards, Magnets and More!

**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

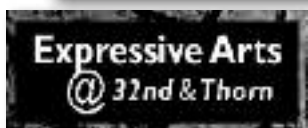
**Skype & Phone Sessions, too.**

**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!



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