


# February Offerings

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

**NO PREVIOUS ART EXPERIENCE NEEDED!**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 *Offerings included in the <b>30-Day Express Pass Only \$99</b> (\$300+ value!)				<b>1 Visioning Journal Groups</b> New Groups start April 12th, (See back for info!)	<b>2 Yoga Yourself!</b> Free Intro Ashtanga Yoga class 6:00-7:00 p.m.	
<b>4</b>	<b>5</b> Creative Families! 10:00-Noon *Open Studio 1:00-3:00 pm Creative Kids! 3:30-5:00 pm	<b>6</b> *Women's Expression Session 10a.m.-Noon Creative Kids! 3:30-5:00 pm	<b>7</b> Creative Families! 10:00-Noon *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	<b>8</b> Visioning Journal Groups New Groups start April 12th, Sign up now!	<b>9</b>	<b>10</b> Yoga Yourself! Free Intro Ashtanga Yoga class 9-10 a.m.
<b>11</b> *Art Church 10:00 a.m. <b>So, You Want to Write Workshop</b> 1:00 - 5:00 p.m.	<b>12</b> Creative Families! 10:00-Noon *Open Studio 1:00-3:00 pm Creative Kids! 3:30-5:00 pm	<b>13</b> *Women's Expression Session 10a.m.-Noon Creative Kids! 3:30-5:00 pm *Music Collective 7:00-9:00 p.m.	<b>14</b> Creative Families! 10:00-Noon <b>Valentine's Art Happy Hour</b> 7:00-11:00 p.m.	<b>15</b> Visioning Journal Groups New Groups start April 12th, (See back for info!)	<b>16</b> Creative Kids Presidents Day Camp 9:00 am-3:00 pm Yoga Yourself! Free Intro Ashtanga Yoga class 6:00-7:00 p.m.	<b>17</b> Paint, Sculpt, Collage 10:30 a.m.-12:30 p.m. <b>OPENING: Therese Rossi Landscape Paintings A FREE Event</b> 6-9:00 p.m.
<b>18</b>	<b>19</b> NO Open Studio Creative Kids Presidents Day Camp 9:00 am-3:00 pm	<b>20</b> *Women's Expression Session 10a.m.-Noon Creative Kids! 3:30-5:00 pm	<b>21</b> Creative Families! 10:00-Noon *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	<b>22</b> Visioning Journal Groups New Groups start April 12th, Sign up now!	<b>23</b> *Art Happy Hour 7:00-11:00 p.m. (Singles, couples, friends, family!)	<b>24</b> Yoga Yourself! Free Intro Ashtanga Yoga class 9:00-10:00 a.m. Find Your Sexual Spark for Menopausal Women 11:00 a.m. - 3:00 p.m.
<b>25</b> *Art Church 10:00 a.m.	<b>26</b> Creative Families! 10:00-Noon *Open Studio 1:00-3:00 pm Creative Kids! 3:30-5:00 pm	<b>27</b> *Women's Expression Session 10a.m.-Noon Creative Kids! 3:30-5:00 pm *Music Collective 7:00-9:00 p.m.	<b>28</b> Creative Families! 10:00-Noon *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	<b>BOOK A DATE NOW FOR YOUR BEST EVER HOLIDAY, BIRTHDAY, FRIEND/FAMILY GATHERING or ORGANIZATION TEAM BUILDING EVENT! EVEN HAVE YOUR OWN ART SHOW!</b> No art experience needed by your guests!		

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

**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

**NEW!** **Yoga Yourself! Free Yoga Sessions** - Fridays 2/2, 2/16 6:00 - 7:00 p.m.; Saturdays 2/10, 2/24, We want to meet you! February & March will introduce Ashtanga yoga to our new community. One-hour sessions are weekly February 2, 10, 16, and 24 and March 2, 10, and 16. (alternating Fri's & Sat's). Cleansing Sun Salutations and Primary series with modifications are offered to meet where you are. Sessions are a cozy size of 10 to give more attention, so join and YOU MUST RSVP ON "Yoga Yourself!" MEETUP! Yogini: Karehma Simon, Certified Yoga Instructor

**Valentine's Art Happy Hour - Wednesday, February 14th, 7:00 - 10:00 p.m., \$30 per person. (\$10 for 30 Day Pass holders.) Great for couples AND singles!** Of course, the theme will be love! We will have art prompts for you to do together or separately. Don't miss this fun evening! You can bring your own wine and snack picnic or we will have snacks and drinks by donation. Don't worry, no art experience needed...just a desire to connect and have fun!! Please RSVP, payment secures your spot! : Call or text 619-251-8474 or email tish@ExpressiveArtsSanDiego.com.

**KIDS!** **Creative Kids President's Break Camp** - February 16th & 19th 9:00 a.m. - 3:00 p.m., Ages 5-12. \$120 for 2 days of camp or \$60 per day. Kids will have a great time creating with reusable materials in the Green Art Labs Camp. STEAM learning: designing, planning, creative thinking, problem solving, collaborating and hands-on fun while learning about sustainable ways to live lightly on our planet. Take home what you make. Snack included. Studio time and park outing for lunch and playtime. Sign up soon as this is a day off for most school-aged kids. For info and sign-up contact Joan Green: joan@greenartlabs.com (619) 206-6613. www.greenartlabs.com

**NEW!** **Paint, Sculpt, Collage** - Saturdays, February 17th, 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: saedebaniart@gmail.com or (858) 245-3786.

**Join Us!** **3rd Saturday Show Opening: Works by Therese Rossi - Saturday, February 17th • 6:00 - 9:00 p.m.** Works in Oil and Pastel Based on Landscapes and Gardens. **A FREE community event!**

**NEW!** **Find Your Sexual Spark for Menopausal Women** - Saturday, February 24, 11:00 p.m. - 3:00 p.m., \$50.00. Are you a menopausal woman who is concerned that your sexy, sensual, fun, and juicy times are over? This is the workshop to reignite your sexual self. This group will provide education around menopausal issues, and provide resources for ways and means to reestablish yourself as a sexual being in an artful way. Single & partnered women can benefit from this group. NO art experience is needed! Info/RSVP: Michele 858- 357-3207 or mlyons@san.rr.com.

Schedule subject to change, call to RSVP and confirm.

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

## Plan Ahead! New Groups are right around the corner and they fill fast!

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 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 - February 23rd., 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!**

**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