






**Expressive Arts**  
@ 32nd & Thorn

# March Offerings

"WOW! I LOVE my work! Lucky ME! And YOU!" -Tish

**NO PREVIOUS ART EXPERIENCE NEEDED!**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <b>4</b> Weekend Yoga Rascals Children's Yoga Teacher Training, for info: <a href="http://www.yogarasicals.com">www.yogarasicals.com</a>	<b>*Offerings included in the 30-Day Express Pass Only \$99 (\$300+ value!)</b>	<b>6</b> *Women's Expression Session 10a.m.-Noon Creative Kids! 3:30-5:00 pm *Music Collective 7:00 -9:00 p.m.	<b>7</b> *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>2</b>  <b>Yoga Yourself!</b> Free Intro Ashtanga Yoga class 6:00-7:00 p.m.	<b>3</b> Weekend Yoga Rascals Children's Yoga Teacher Training, for info: <a href="http://www.yogarasicals.com">www.yogarasicals.com</a>
<b>11</b> *Art Church 10:00 a.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	<b>14</b> *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	<b>15</b> Visioning Journal Groups New Groups start April 12th, (See back for info!)	<b>9</b>  <b>Painting in Oil or Acrylic</b> 10:30am - 1:30 p.m. <b>16</b>  <b>Painting in Oil or Acrylic</b> 10:30am - 1:30 p.m. <b>Yoga Yourself!</b> Free Intro Ashtanga Yoga class 6:00-7:00 p.m.	<b>10</b> <b>Yoga Yourself!</b> Free Intro Ashtanga Yoga class 9-10 a.m. Paint, Sculpt, Collage 10:30 a.m.-12:30 p.m.
<b>18</b> Private Event 3-6:00 p.m.	<b>19</b> Creative Families! 10:00-Noon *Open Studio 1:00-3:00 pm Creative Kids! 3:30-5:00 pm	<b>20</b> *Women's Expression Session 10a.m.-Noon Creative Kids! 3:30-5:00 pm	<b>21</b> *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>  <b>Painting in Oil or Acrylic</b> 10:30am - 1:30 p.m. <b>*Art Happy Hour</b> 7:00 -11:00 p.m. (Singles, couples, friends, family!)	<b>24</b> <b>Yoga Yourself!</b> Free Intro Ashtanga Yoga class 9:00-10:00 a.m.
<b>25</b> *Art Church 10:00 a.m. Painting in Oil or Acrylic 1:00 - 4:00 p.m.	<b>26</b> No Open Studio Today :( Creative Kids Spring Break Camp 9:00 a.m. - 3:00 p.m.	<b>27</b> *Women's Expression Session 10a.m.-Noon Creative Kids Spring Break Camp 9:00 a.m. - 3:00 p.m. *Music Collective 7:00 -9:00 p.m.	<b>28</b> Creative Kids Spring Break Camp 9:00 a.m. - 3:00 p.m. *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	<b>29</b> Creative Kids Spring Break Camp 9:00 a.m. - 3:00 p.m.	<b>30</b> Creative Kids Spring Break Camp 9:00 a.m. - 3:00 p.m. <b>Yoga Yourself!</b> Free Intro Ashtanga Yoga class 6:00-7:00 p.m.	<b>31</b>

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

**Painting in Oil or Acrylic** - 7 meetings, Fridays 10:30 a.m. - 1:30 p.m., March 9, 16, 23, April 20, 27 & Sundays March 25th & April 8th 1:00 - 4:00 p.m., \$245, (Supply list sent with registration. ). This relaxed supportive class will introduce you (or refresh you) to the basics of painting on canvas. Beginners will start with color mixing and a color wheel, and all can bring a photo or a project you'd like to work on. Work either realistically or abstractly and learn good basics along the way. Join us! Taught by Therese Rossi, MFA and Expressive Arts Therapist. Call Therese to register at 619-528-9188 or 619-395-5847 for texting or e-mail [therese.rossi@sbcglobal.net](mailto:therese.rossi@sbcglobal.net)

**Yoga Yourself! Free Yoga Sessions** - Fridays 2/2, 2/16, 2/30, 6:00 - 7:00 p.m.; Saturdays 2/10, 2/24, (alternating Fri's & Sat's). We want to meet you! Introducing Ashtanga yoga to our new community. 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

**KIDS-Creative Kids Spring Break Camps** - March 26th - 30th & April 2nd - 6th, 9:00 a.m. - 3:00 p.m., Ages 5-12. \$300 per week 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](mailto:joan@greenartlabs.com) (619) 206-6613. [www.greenartlabs.com](http://www.greenartlabs.com)

**Paint, Sculpt, Collage** - Saturdays, March 10th & April 21st, 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](mailto:saedebaniart@gmail.com) or (858) 245-3786.

**3rd Saturday Artist Talk and Reception: Works by Therese Rossi - Saturday, February 17th • 6:00 - 9:00 p.m.**  
Works in Oil and Pastel Based on Landscapes and Gardens. You can make art, too! **A FREE community event!**

You DESERVE the BEST EVER Event!

**BOOK A DATE NOW FOR YOUR BEST EVER BIRTHDAY, FRIEND/FAMILY GATHERING or ORGANIZATION TEAM BUILDING EVENT! EVEN HAVE YOUR OWN ART SHOW!**

No art experience needed by your guests!

Schedule subject to change, call to RSVP and confirm.

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

**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 1st (this month only!) & 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 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.

### FOR KIDS:

**Creative Families** - Parent and toddler ages 2-5, Mondays, 10:00 a.m.-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!**

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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  
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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