


February Offerings

LOVE Yourself through ART!

NO PREVIOUS ART EXPERIENCE NEEDED!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BOOK A DATE NOW FOR YOUR BEST EVER PARTY OR TEAM BUILDING EVENT! No art experience needed by your guests!					1 Creative Connection 9:30-11:00 a.m.	2 Afternoon Private Party
3 Painting in Oil or Acrylic 1:00 - 4:00 p.m.	4 Creative Families! 10:00-Noon *Open Studio 1:00-3:00 pm Sewing for Kids 12:00 p.m. Creative Kids! 3:30-5:00 pm	5 *Women's Expression Session 10a.m-Noon	6 *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	7 New Visioning Journal Groups start APRIL 11th!	8 Creative Connection 9:30-11:00 a.m.	9 Embodied Ritual 11:00am - 1:00pm ENVISION 2019 Vision Board Workshop 1:30 -5:30 p.m.
10 *Art Church 10:00 a.m. Painting in Oil or Acrylic 1:00 - 4:00 p.m.	11 Creative Families! 10:00-Noon *Open Studio 1:00-3:00 pm Sewing for Kids 12:00 p.m. Creative Kids! 3:30-5:00 pm	12 *Women's Expression Session 10a.m-Noon *Music Collective 7:00 -9:00 p.m.	13 *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	14 Valentine's Day! Make art with friends and loved ones! Belated Valentine's Art Happy Hour on 2/22/19	15 Creative Kids Camp 9:00 am - 3:00 pm Creative Connection 9:30 -11:00 a.m.	16 Crafting the Circle 9:00 a.m. - 4:00 p.m. BORDERS Show Artist Talk & Reception FREE Event 6-9 p.m.
17 Painting in Oil or Acrylic 1:00 - 4:00 p.m.	18 Creative Kids Camp 9:00 am - 3:00 pm President's Day	19 *Women's Expression Session 10a.m-Noon	20 *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	21 New Visioning Journal Groups start APRIL 11th!	22 Creative Connection 9:30-11:00 a.m. *Art Happy Hour 7:00-11:00 p.m. (Singles, couples, friends, family!)	23
24 *Art Church 10:00 a.m. Painting in Oil or Acrylic 1:00 - 4:00 p.m.	25 Creative Families! 10:00-Noon *Open Studio 1:00-3:00 pm Sewing for Kids 12:00 p.m. Creative Kids! 3:30-5:00 pm	26 *Women's Expression Session 10a.m-Noon *Music Collective 7:00 -9:00 p.m.	27 *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	28 New Visioning Journal Groups start APRIL 11th!	 *Offerings included in the 30-Day Express Pass, Only \$111(\$300+ value!)	

UPCOMING SPECIALTY OFFERINGS:

See back for MORE & THE DETAILS for our REGULAR EVENTS

NEW! **Creative Connection** - Fridays, All February, 9:30-11:00 a.m., \$25, includes all materials. Make creativity a priority in your life! Engage your imagination to find inspiration, new perspectives, and heart-felt meaning. Connect to your own creativity and with other creatives! We focus on simple approaches to art-making and weave in music, writing, movement, and drama to enhance the visual art. Allow Yourself to create with confidence! RSVP: Elizabeth Jacobowitz, 619-417-2373, elizabeth@embodimentarts.com or EmbodimentArts.com/envision. No art experience needed.

NEW! **Embodied Ritual: Loving Abundance** - Saturday, February 9th, 11am-1pm, \$25. Sacred movement experience designed to help you tune in, transform & align with your highest intentions. Be guided to reveal your playful, uplifting & nurturing energy for restoring & deeply appreciating your self. Embodied Ritual will help you feel more of your healing essence. RSVP: Cynthia Gutierrez 619-623-2806, cg.cynthiagutierrez@gmail.com

YES! **Envision 2019** - Saturday, February 9th, 1:30-5:30 p.m., \$55, includes all materials. Create a vision board as an opportunity to define and clarify the path you want to take-either by illustrating a specific vision or collecting the images that attract you and letting your vision unfold. RSVP: Elizabeth Jacobowitz, MA, 619-417-2373, elizabeth@embodimentarts.com or EmbodimentArts.com/envision.

NEW! **Crafting the Circle; Facilitator Expressive Arts Feedback Methods** - Saturday, February 16, 2019, 9:00am-4:00pm, \$125. Designed for Arts Based Helping Professionals, Group Facilitators/Coaches/Therapists/Teachers. This expressive arts workshop will cover training in creating and maintaining a safe container during art making groups to foster curiosity, vulnerability, growth and change. For more info & RSVP: Pamela Underwood: pamelaunderwoodstudios@gmail.com or (619) 857-8820. www.pamelaunderwood.com

Join Us! **BORDERS Show Artist Talk & Reception** - Saturday, February 16th, 6:00 - 9:00 p.m., A FREE community event. Living in a "border" area, we have asked artists to explore borders, internal and external. Join us for an interactive evening of exploring your own borders! Artist Talk and Open Mic will start at 7:00 p.m.

Belated Valentine's Art Happy Hour - Friday, February 22nd, 7pm - 11pm, \$25. Singles, couples, family, friends! If you don't like to celebrate Valentine's Day or don't want to celebrate on a week day, but want to celebrate LOVE, tonight is for you! At Art Happy Hour I set out the materials and give you prompts to get you started. And yes, this month will be all about LOVE, for self, others and art making! RSVP text Tish at 619-251-8474.

YES! **THE BEST VALENTINE GIFT IN TOWN!♥ - GIVE THE GIFT OF AN EXPERIENCE AT THE STUDIO!** We have passes in sweet little hand made heart cards. You can include 1, 2 or more passes in your gift. Make arrangements to pick up at studio or if you want me to mail it to you, order by Friday, February 8th. (Add \$2.00 for S&H.) Call, text or email for info. Or check out the link on the home page: www.ExpressiveArtsSanDiego.com

Sign Up! **Growing Your Own Art Practice**-In March! Contact me for the date! \$75. (A small price for a lifetime of artmaking!) 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! Make ART an integral part of your life, like brushing your teeth! I have had a regular art practice for 15 years and have found it can pay off in more than just the end product. Learn to show up and let it help you stay more current by processing emotions from your day through your artmaking. Any disciplines of art: visual, dance, music, writing or drama. RSVP/info, contact Tish McAllise Sjoberg: 619-251-8474 or tish@ExpressiveArtsSanDiego.com

Schedule subject to change, call to RSVP and confirm.

See back for more offerings & info!

SPRING GROUP SIGN-UP OPEN!

Visioning Journal Group - NEW 11-Week Closed Group - Thursdays, April 11th-June 20th, \$495. Choose Morning Group: 11:00 a.m. - 1:15 p.m. **OR Evening Group**: 6:00 - 8:15 p.m. Set your intention(s) and work with it through a visioning practice to feed your creative spirit AND work toward your intention! Can become a life-long practice that is vibrant, personal, satisfying and keeps your visions alive. No experience needed. Dedicated art making time with no distractions and with support from group! RSVP/info: Tish: 619-251-8474 or tish@ExpressiveArtsSanDiego.com

So You Want to Write? 10-Week Support Group starts Mondays, April 8th - June 17th (No group on Memorial Day), 6:00 - 8:15 p.m., \$450. 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. • Free the writer in you • Find the stories that want to be told • Fulfill your desire to put words on paper • RSVP/info, Tish: 619-251-8474 or tish@ExpressiveArtsSanDiego.com

Regular Event Descriptions *Events included in the 30 Day Pass for \$111

*** Open Studios - This Month: Mondays, 1:00-3:00 p.m. & Wednesdays 7:30-9 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. \$15.

*** Women's Expression Session - Tuesday** 10:00 - Noon, \$25. How are you at taking time for you? This is an attitude adjustment with art- you can de-stress from life or 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. Come relax, play in the arts, be in the company of women & maybe have an insight that helps create change!

*** The Music Collective - 2nd & 4th Tuesdays** - 7:00 - 9:00 p.m., \$15 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 - Wednesdays** - 6:00 - 7:30 p.m., \$25. 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 shows up. Turn up the tunes! RSVP if possible. (Price includes Open Studio after, 7:30 - 9:00 p.m.)

*** Art Happy Hour - Every 4th Friday** - February 22nd, 7-11:00 p.m., \$25, Drop-in for all or a little. Kindergarten for adults! Great way to start your weekend, girls nite out, date night, birthday celebration or just to play. I will have materials set out and you can come play, enjoy conversation or just relax with art. Leave with original art that you created! No art experience needed!

*** Art Church - Art as an Inner Journey - Every 2nd and 4th Sunday** 10:00 a.m.-Noon, \$25. 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 your longings and gifts. This is not religious, yet if you want to make connections to your own religious beliefs, you can :)

Painting in Acrylic & Oil-Sundays-1-4 pm, Therese Rossi 619-395-5847, therese.rossi@sbcglobal.net

FOR KIDS: GO TO GreenArtLabs.com for President's Day and Spring CAMPS!

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

Creative KIDS After School Classes: Mondays - 3:30 p.m. - 5:00 p.m. Ages 5 and up.

Sewing for Home School Kids: Mondays - Noon -1:00 p.m. \$20

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.

No art experience needed by your guests!

Ongoing studio rental for your classes, groups or private practice. (\$30/hr)
Non-Facilitated Party Space Rental (\$50/hr)

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!

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

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