



On-Line Offerings



NO PREVIOUS ART EXPERIENCE NEEDED!

www.expressiveartssandiego.com/on-line-classes

We continue to have classes on-line to keep the community we built during our time when we were closed for COVID. Also for those who can't get to the studio, don't want to take time to drive here or just because it is fun.

*Included in our \$111 Monthly 30-Day Pass

ON-LINE OFFERINGS - Participate from anywhere in the world!



*Women's Expression Session - ON-LINE

Tuesdays - 10:00 - 12:15 p.m. (Pacific Time) \$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!



* Scribble to Music - ON-LINE

4th Wednesdays - 3:00 - 4:45 p.m. (Pacific Time) \$20
Release stress from your life while creating a one-of-a-kind art! Playful, fun, and a chance to work with your critic if it shows up. Turn up the tunes! No experience needed! RSVP if possible. For info on getting a Scribble Book or Scribble Kit or learn more about scribbling go to: www.expressiveartssandiego.com/scribble



* Art Church - Art as an Inner Journey - Every 2nd Sunday - ON-LINE

10:00 a.m.-12:15 p.m. (Pacific Time) \$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.)



* Writer's Open Mic - ON-LINE & In person

2nd Fridays, 6:00-8:00 p.m. (Pacific Time)
\$15 donation appreciated.
Bring something to read (5 minutes) or come to listen & support the writers. All kinds of written creative genius invited: poetry, prose, fiction, memoir, story, rant, scene.

Also find these events on Eventbrite.com
*Included in our \$111 Monthly 30-Day Pass

Schedule subject to change, call to RSVP and confirm.
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www.ExpressiveArtsSanDiego.com • 619-251-8474



In-Person Offerings

NO PREVIOUS ART EXPERIENCE NEEDED!



www.expressiveartssandiego.com

COVID UPDATES:

We are still taking precautions with COVID to protect the most vulnerable in our community. Because we will be meeting indoors, masks are required. If you feel comfortable you can remove your mask when sharing.

*Included in our \$111 Monthly 30-Day Pass

Back in the studio with these events!



* Paint to Music - Wednesdays

6:00-7:30 p.m. • \$30 (Includes Open Studio until 9:00 p.m.)

Let the music move you to play with color and shape and get your creativity moving! When you work fast there is less time for the critic to jump in! No experience needed! This easy class will help you release stress from your day & have FUN! PRE-REGISTER: text 619-251-8474



Expressive Arts Movement - Tuesdays

Tuesdays, 6:30 p.m.- 7:30 p.m. • Drop In: \$15 • 6 for: \$60

Get your body moving! No dance experience is needed, you can even do this sitting down. Enjoy a variety of upbeat, uplifting songs and be guided by Michele Lyons who will show you how to become joyful through movement, music, & community. Shy movers welcome. For Info contact Michele 858-357-3207



* Writer's Open Mic - Hybrid - 2nd Fridays

6:00-8:00 p.m. • \$15 donation appreciated. In Studio & On Line.

Bring something to read (5 minutes) or come to listen & support the writers. All kinds of written creative genius invited: poetry, prose, fiction, memoir, story, rant, scene. All levels beginners to advanced, audience welcome, too. Please RSVP to confirm in-person or get the on-line sign in, text Tish 619-251-8474



* Art Church - 4th Sundays IN-PERSON

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. Find balance to bring into your week ahead. No art experience needed. (This is not religious, yet you can make connections to your own beliefs.)



* Music Collective - 1st & 3rd Saturdays

6:00-9:00 p.m. • \$15 donation appreciated.- Musicians • Singers •

Songwriters • Play, jam, collaborate, network, get feedback, listen, experiment, try something new, improvise, and build community. ALL LEVELS WELCOME, BEGINNERS TO EXPERT, AUDIENCE INVITED, too! For info or to confirm meeting, all Ray Muniz 619-318-2315

KIDS CLASSES: Art & Music

For kids classes go to: HoorayMissMarae.com

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