

Expressive Arts @ 32nd & Thorn

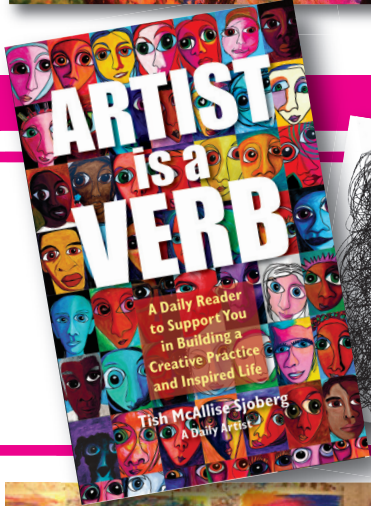
Make ART that CHANGES your life!

Your Creative Life
is Waiting for YOU!

NO
PREVIOUS
ART
EXPERIENCE
NEEDED!

In-Person Offerings

Regular Weekly and Monthly Events



Plus a NEW
Revised edition
of Scribble Art

Artist is a Verb BOOK LAUNCH PARTY AND DAILY ARTIST SHOW OPENING!

Saturday, November 4th, 4:00-8:00 p.m.

A FREE community event

Author readings hourly

See examples of Daily Art and meet the Daily Artists

Get inspired seeing what 5 minutes a day can create.

Come get
inspired!



* 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! All materials included.

MUST PRE-REGISTER: SCAN QR CODE (right)



* Writer's Open Mic

Now Quarterly: 2nd Friday of February, May, August & November

Nov 10th & Feb 9th • 7:00 p.m. - 9:00 p.m. \$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.
A supportive atmosphere for beginners to professionals. PRE-REGISTER: SCAN QR CODE (above)



* Art Church - 4th Sundays in person

Next is October 22nd • 10:00 a.m. - Noon, \$30 TEXT 619-251-8474 to RSVP

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.) All materials included.



* Music Collective - 1st & 3rd Saturdays

(No Meeting Nov. 4th) 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

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

See other side for more offerings!

Schedule subject to change, call to RSVP and confirm.

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COVID UPDATE: Masks are optional at all events.

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Make ART that CHANGES your life!

Come Play!

NO
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MORE In-Person Offerings



Expressive Arts Movement

Every Tuesday

(1st and 3rd Tuesdays beginning in November), 6:30 p.m. - 7:30 p.m. \$15

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 and RSVP contact Michele 858-357-3207



Yoga & Paint Play Workshop

Next is October 21st - 10:00 a.m. - Noon • \$25

Connect through yoga, movements, energy work, and intuitive paint play!

Morning Rise and Flow Yoga

1st Sundays, next is November 5th - 8:00 a.m. - Love Donation

Join Cassandra Aronow monthly.

For Info and RSVP: SymbolsFromTheSun.com



Kids Offerings

WEDNESDAY After School ART Class:

Contact (call or text) Therese Rossi at 619-395-5847

Stay tuned for holiday camps!

ON-LINE OFFERINGS - JOIN US from anywhere in the world! Register for ONLINE EVENTS at Eventbrite.com (SCAN QR CODE BELOW)



ON-LINE GROUP



*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. Come relax, play in the arts, be in the company of women & maybe have an insight that helps create change! PRE-REGISTER: SCAN QR CODE (left)

* Art Church - Art as an Inner Journey

Every 2nd Sunday - ON-LINE 10:00 a.m.-12:15 p.m. (Pacific) \$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.) PRE-REGISTER: SCAN QR CODE (above, left)



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

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On-Line Offerings