



* Women's Expression Session - IN PERSON!

3rd Tuesdays 10:00 - 12:15 p.m. \$30

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! All materials are provided. PRE-REGISTER: SCAN QR CODE (toward bottom of page)



Expressive Arts Movement 1st and 3rd Tuesdays - 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. Uplifted, uplifting songs and be guided to become joyful through movement, music, & community. Shy movers welcome. For Info and RSVP contact Michele Lyons 858-357-3207



Playback Theatre: Improv with Heart Monthly, next is April 5th, 9:30 - Noon. \$20

Do you have a dramatic spark in you that needs an outlet? Learn improvisation in which we use real life stories as our scripts. Rehearse with Minstrels of Story Playback Troupe All levels welcome! No experience needed! For more info and to register contact Francine Hoffman: 858-200-6617 6617, PlaybackTheatreSanDiego.com



Music wakes us up and inspires us! It can be the voice of change for the future as well as stabilizing roots to our past. It can break through barriers and be comfort for our soul. We asked artists to create a piece of art inspired by a song or piece of music. Come view and listen to this collaboration of sound and sight.

SHOW OPENING Music as Muse Visual Art Inspired by Music!

Don't miss it!

Saturday, April 12th
5:00 - 7:00 p.m.

A FREE Community Event

An interactive evening, bring your headset/ear buds!

Kids Classes & Camps

MONDAY After School ART Class
Drawing, Painting, Collage & More!

SUMMER CAMPS
ARE COMING!

CONTACT THERESE ROSSI for more info:
619-395-5847 (call or text)

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

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* Art Church - Art as an Inner Journey

Usually 2nd Sundays (Text to confirm) - ON-LINE 10:00 a.m.-12:15 p.m. (P 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.) PRE-REGISTER: SCAN QR CODE (above, right)



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

Schedule subject to change, TEXT to RSVP and confirm.

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tish@ExpressiveArtsSanDiego.com • www.ExpressiveArtsSanDiego.com • 619-251-8474

On-Line Offerings