

# Turning Churning Yearning Burning

for Women

Is there some change calling (or whispering) to you AND is it time to start listening? Maybe you know where your life is calling you to go but are too scared or overwhelmed to get started. Or maybe you have no idea what is next, you just know it is time to do something different. Sometimes the only way we know it is time to change is that something is not working in our life. Be willing to explore the whisper. We will do art to begin the conversation, look for shadows or evidence of its existence and invite it into the light. Are you willing to gift 3.5 hours to yourself for exploring?

We will follow with a weekly support group for those who are interested in being supported to make movement toward something new.

Is  
something  
calling  
you?

**Expressive Arts**  
**@ 32nd & Thorn**

"Dancing Woman" image is from a group scribble piece at Art Aerobics

**Sunday, May 22nd • 2:00-5:30 p.m.**

**\$45 - RSVP by May 18th**

To RSVP and for more information: 619-251-8474  
or [tish@ExpressiveArtsSanDiego.com](mailto:tish@ExpressiveArtsSanDiego.com)

All offerings held at **Expressive Arts @ 32nd & Thorn**  
3201 Thorn Street, San Diego, 92104  
[www.ExpressiveArtsSanDiego.com](http://www.ExpressiveArtsSanDiego.com)

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