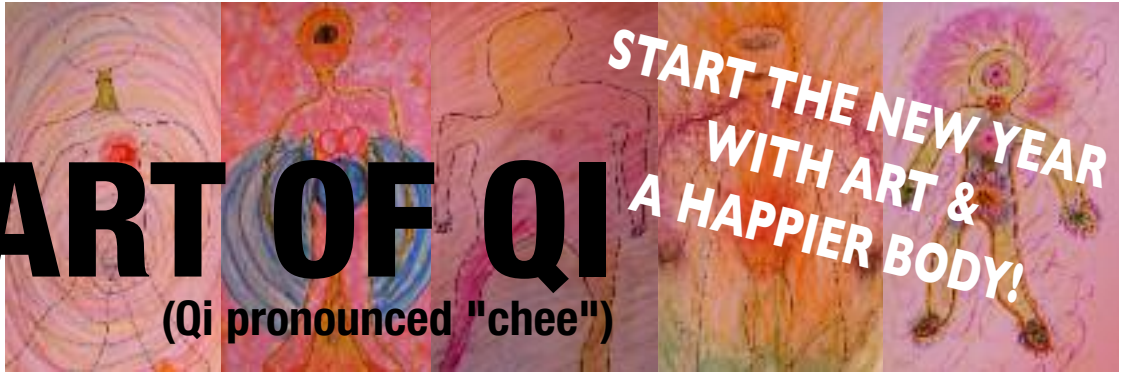


*"I swear it has
changed my DNA!"*
-Tish



THE ART OF QI

(Qi pronounced "chee")

**START THE NEW YEAR
WITH ART &
A HAPPIER BODY!**

Enjoy a relaxing day with Qigong*, Himalayan Singing Bowls and Expressive Arts

- Learn simple ways to relax
- Release into inner peace
- Leave rejuvenated

No experience necessary

*"Retreat to
reconnect:
physically,
emotionally,
spiritually
- a perfect balance!"*
-Victoria S.

*" Still floating
3 days later.
What a delightful,
peaceful,
rejuvenating,
nurturing...
I could go on and
on. Really, one of
the best workshops
I've been to! "*
-Laurie M.

*"A powerful experience,
well worth the money
and very healing."*
-Sandy T.

One-day mini-retreat!
10:00 a.m - 5:00 p.m.

Saturday, January 7th

\$95 (includes materials)

\$85 if you pay by December 15th.

[Click here for the EARLY BIRD PayPal Link](#)

Expressive Arts
@ 32nd & Thorn

Expressive Arts @ 32nd & Thorn

3201 Thorn Street, San Diego, (North Park) 92104

Call or email for info or to reserve a space:

(619) 251-8474 • tish@ExpressiveArtsSanDiego.com •

www.ExpressiveArtsSanDiego.com



Martha Blane has trained with Qigong masters in China and North America. Her passion is sharing the simple yet powerful techniques to help people reconnect with nature and become aware of their inner landscape. She offers classes, workshops and individual sessions in her studio in Elfin Forest (Escondido), California and in South Kona, on the beautiful island of Hawaii.
www.MarthaBlane.com



Susan Murray Susan Murray is a talented musician, Holistic Health Practitioner and yoga teacher. She was deeply moved by the profound healing effects of the Himalayan Singing Bowls the first time she heard them some years ago and since then has undergone extensive training in sound healing. Susan offers individual and group healing sessions in a serene rural setting in North County. sgmurray@hughes.net



Tish McAllise Sjoberg, M.A. in Epressive Arts Therapy from the European Graduate School in Switzerland, uses the arts to help people communicate, build relationships, and find resources within themselves to create change. She has a private practice in the North Park area of San Diego working with individuals, couples, families and groups on everything from daily life challenges, to trauma, illness, grief, divorce or the simple longing to create art. www.ArtHelpsArtHeals.com

* What is Qigong? "Qi" (pronounced "chee") can be defined as a combination of life force, energy and consciousness. "Gong" means practice or cultivation. Qigong practice is a simple and yet profound method to relax into a natural state of health and vitality.