

# RETREAT INTO ART

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**NO PREVIOUS EXPERIENCE NECESSARY—JUST THE DESIRE TO RELAX & RENEW**

**Take an entire day to reconnect with yourself! Slow down, sink in and experience an enriching renewal through art making, meditation, gentle movement, and reflection. No previous experience needed.**

**Sunday, September 21st**

**10:00 a.m. to 5:00 p.m.**

**\$120** After August 24th

**\$99** Early registration before August 24th

[Click here to register with payment on PayPal](#)

**You will have the opportunity to:**

- Find relief from your hectic schedule
- Slow down and turn inward
- Make space for self-reflection
- Have focused time for mental clarity
- Find resources to get unstuck
- Explore health issues in a new way
- Enrich your self-care
- Spend time in restorative art making

## **Your Retreat Guides:**



**Francine Hoffman, M.A.**, Expressive Arts Therapist, Yoga and Meditation Instructor  
Francine has a long career in helping people make lifestyle changes for physical and emotional well-being. Since 1994, she has worked at the world-renowned Golden Door Spa as the yoga coordinator, wellness instructor, and Inner Focus Program Director. Additionally, she continues to provide expressive arts therapy and yoga for the addiction recovery population and in her private practice.



**Tish McAllise Sjoberg, M.A.**, Expressive Arts Therapist, Painter and Artmaker  
Tish is the owner of Expressive Arts @ 32nd & Thorn where she offers groups and individual Expressive Arts Therapy. She uses the arts with life issues such as anxiety, depression, stress, illness, addictions, eating disorders, work, relationships, parenting, grief, trauma, self esteem, and unresolved childhood issues as well as to take a vacation from our life and have FUN!

**Expressive Arts @ 32nd & Thorn • 3201 Thorn Street, San Diego, 92104**  
**[www.ExpressiveArtsSanDiego.com](http://www.ExpressiveArtsSanDiego.com) • [tish@ExpressiveArtsSanDiego.com](mailto:tish@ExpressiveArtsSanDiego.com) • (619) 251-8474**

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