


**Expressive Arts**  
@ 32nd & Thorn

# NOVEMBER Offerings

Express GRATITUDE  
for being able to live a  
creative life by living  
a creative life!

NO  
PREVIOUS  
ART  
EXPERIENCE  
NEEDED!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <b>3</b> Painting and Mixed Media 1:00 - 4:00 p.m. <b>YOGA</b> 5:00-6:00 pm	*Offerings included in the 30-Day Express Pass, Only \$111(\$300+ value!) <b>4</b> Creative Families! 10:00-Noon *Open Studio 1:00-3:00 pm Creative Kids! 3:30-5:00 pm	<b>BOOK A DATE NOW FOR YOUR BEST EVER HOLIDAY PARTY, END OF YEAR PARTY OR TEAM BUILDING EVENT!</b> No art experience needed by you or your guests!			<b>1</b>	<b>2</b> Reestablish Intimacy for Parents 2:00 - 4:00 p.m. A FREE Offering!
<b>10</b> *Art Church 10:00 a.m. Painting & Mixed Media 1:00 - 4:00 p.m. <b>YOGA</b> 5:00-6:00 pm	<b>11</b> KIDS CAMP! 9:00 a.m. - 3:00 p.m. Veterans Day	<b>5</b> *Women's Expression Session 10:00 a.m. - Noon Creative Kids! 3:30-5:00 pm	<b>6</b> *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	<b>7</b> New Visioning Journal Groups start in January 16th! Reserve your spot!	<b>8</b> Writers' Open Mic 7:00 - 9:00 p.m.	<b>9</b> Sewing Bee 10:00 a.m. - 1:00 p.m.
<b>17</b> Painting and Mixed Media 1:00 - 4:00 p.m. <b>YOGA</b> 5:00-6:00 pm	<b>18</b> Creative Families! 10:00-Noon *Open Studio 1:00-3:00 pm Creative Kids! 3:30-5:00 pm	<b>12</b> *Women's Expression Session 10:00 a.m. - Noon Creative Kids! 3:30-5:00 pm *Music Collective 7:00-9:00 p.m.	<b>13</b> *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	<b>14</b> New Visioning Journal Groups start in January 16th! Reserve your spot!	<b>15</b> HOLIDAY ART MART A FREE Community Event 6-9 p.m.	<b>16</b> IMPROV DRAMA with HEART AND SOUL Playback Theater Practice 9:00 a.m.-Noon
<b>24</b> *Art Church 10:00 a.m. Painting & Mixed Media 1:00 - 4:00 p.m. <b>YOGA</b> 5:00-6:00 pm	<b>25</b> KIDS CAMPS! 9:00 a.m. - 3:00 p.m. Monday, Tuesday & Wednesday	<b>19</b> *Women's Expression Session 10:00 a.m. - Noon Creative Kids! 3:30-5:00 pm *Music Collective 7:00-9:00 p.m.	<b>20</b> *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	<b>21</b> New Visioning Journal Groups start in January 16th! Reserve your spot!	<b>22</b> *Art Happy Hour 7:00 -11:00 p.m. (Singles, couples, friends, family!)	<b>23</b> For Men: Access Confidence in Your Sexuality and Demystify the Dating Scene 2:00- 4:00 p.m.
		<b>26</b> *Women's Expression Session 10 a.m. - Noon *Music Collective 7:00-9:00 p.m.	<b>27</b> *Paint to Music 6:00-7:30 p.m. *Open Studio 7:30-9:00 pm	<b>28</b> THANKSGIVING Make art part of your day... tell stories, sing together, play with art materials, get up and dance!	<b>29</b>	<b>30</b>

## UPCOMING SPECIALTY OFFERINGS:

See back for MORE & THE DETAILS for our REGULAR EVENTS

**NEW!** **Learn the Three Keys to Reestablish Intimacy for Young Parents** - Saturday, November 2nd, 2:00 to 4:00 pm., **FREE!** Calling all parents with young children who struggle with maintaining intimacy and sexual connection. Come learn three keys to unlock your joyful, passionate relationship with each other. We will help you create a new vision of sexuality and intimacy so your family can thrive in a loving, harmonious home. Michele Lyons, MA, is a Certified Sex Coach, Expressive Arts Therapist. Rick Broniec, MEd is a Personal Growth Coach, Author and Expert in Men's work. To Register and for more Information: Call Michele at 858-357-3207. Get a FREE GIFT upon registration!

**NEW!** **NEW Vinyasa Yoga Class** - Every Sunday, 5:00 - 6:00 p.m., \$10 Suggested Donation. Vinyasa is a style of yoga characterized by stringing postures together so that you move from one to another, seamlessly, using breath. Commonly referred to as "flow" yoga. Bring your own mat (we do have a few if you need one.) Beginners welcome! Contact Felena for more information: felena@herahub.com

**YES!** **Sewing BEE Open Studio** - Saturday, November 9th, 10:00 a.m. - 1:00 p.m., \$10. Let's all get together and sew! Bring your machine if you have one, material, pins, seam ripper, etc. and an idea of something you want to work on. Shopping bag, placemats, quilt, clothing... All of us will help each other so you don't need to be proficient at sewing. Or bring your hand sewing! Buttons to replace, pockets to sew, hems to fix. Space is limited, since we will each need some room to sew, so reserve your spot! Contact: Sharon Tittle, 619-405-1494 sharon.tittle@gmail.com Sew excited!

**Join Us!** **Writers' Open Mic** - Friday, November 8th, 7:00-9:00 p.m. \$10 donation. Every story needs to be heard! Bring something to read (3-5 minutes) or come to listen & support the writers. All kinds of written creative genius\*: poetry, prose, fiction, memoir, story, rant, scene... (\*genius works from the heart and soul.) All levels of writers welcome. Info: Tish for Info: 619-251-8474 or tish@ExpressiveArtsSanDiego.com

## Holiday ART MARKET & SHOW

**Friday, November 15th • 6:00 - 9:00 p.m. A FREE community event! It is a show, it is a one-of-a-kind shopping market, it is a festive evening of art and fun! Come support the artists of the neighborhood and the studio!**

**IMPROV DRAMA with HEART AND SOUL** - November 16th, 9 a.m.-Noon, \$20. Do you have a dramatic spark in you that needs an outlet? Learn the art of Playback Theatre improvisation where we use real life stories as our scripts. Rehearse with Minstrels of Story Playback troupe. All levels welcome! For more info: Francine at 858-200-6617 or creativewellness6@gmail.com • www.playbacktheatresandiego.com

**NEW!** **Single Men: Learn Three Ingredients To Access Confidence in Your Sexuality and Demystify the Dating Scene** - Saturday, November 23rd, 2:00 to 4:00 pm., **FREE!** Successful single men who may have trepidation around dating and desire an authentic relationship. Michele Lyons, MA, is a Certified Sex Coach & Expressive Arts Therapist coaches successful single men to feel powerful and access confidence in their sexuality so they can create authentic, passionate relationships and get over 'dating trepidation'! To Register and for more Information: Contact Michele at 858-357-3207 or coachmkyons@gmail.com

Schedule subject to change, call to RSVP and confirm.

**See back for more offerings & info!**

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www.ExpressiveArtsSanDiego.com • 619-251-8474

YES!

**Get Ready to Start an Art Practice in 2020!** - Sunday, December 8th, 1:00 - 5:00 p.m., \$75. Have you had the idea that making some sort of art REGULARLY (even DAILY) would feed your soul? AND, has it been difficult to get started or keep going? OR you don't know what project to do or where to start? This workshop is designed to help you get started and keep going! A SMALL PRICE TO PAY for an art life! Any disciplines of art: visual, dance, music, writing or drama. RSVP/info: Tish McAllise Sjoberg: 619-251-8474 or tish@ExpressiveArtsSanDiego.com

Sign UP!

**Visioning Journal Group - NEW 12-Week Closed Group - Thursdays, January 16th-April 2nd, Choose Morning Group: 10:30 a.m. - 1:00 p.m. OR Evening Group: 6:00 - 8:30 p.m. \$480 Early bird by 12/13, \$540 after 12/13.** Set your intention(s) and work with it through a visual journal practice to feed your creative spirit AND toward your intention! Learn more: [www.expressiveartssandiego.com/visioning-journal-group](http://www.expressiveartssandiego.com/visioning-journal-group).

Sign UP!

**So You Want to Write? 12-Week Support Group** starts Mondays, January 13th - March 30th, 6:00 - 8:15 p.m., \$480 Early bird by 12/13, \$540 after 12/13. Have you had the idea that you would like to write a book, or write anything? This group is designed to support you in your writing—work through stuck-ness, celebrate successes, support and receive support from others. This is not a how to write class, though we will do writing exercises that will help you find your voice. Learn more: [www.expressiveartssandiego.com/writer-support-group](http://www.expressiveartssandiego.com/writer-support-group)

## Regular Event Descriptions

\*Events included in the  
30 Day Pass for \$111

**\* Open Studios - This Month: Mondays 1:00 - 3:00 p.m. & Wednesdays 7:30-9 p.m.** \$15. Bring a project you are working on, finish a piece started in one of our classes, or start something new. You will work on your own, we will be there to assist if needed. Check front calendar to confirm days.

**\* Women's Expression Session - Tuesdays** - 10:00 - Noon, \$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. I take care of the project & materials. Come relax, play in the arts, be in the company of women & maybe have an insight that helps create change!

**\* The Music Collective - 2nd & 4th Tuesdays** - 7:00 - 9:00 p.m., \$15 donation. Singers, Songwriters, Musicians & Music Lovers, perform & collaborate with other musicians, singers & songwriters. Network, get feedback, book gigs & build a following. All levels welcome, beginners to experts. Audience welcome & essential! Contact Ray Muniz, 619-318-2315, rainman94@cox.net

**\* Paint to Music - Wednesdays** - 6:00 - 7:30 p.m., \$25. Release stress from your life while creating a one-of-a-kind painting! Playful, fun, and a chance to work with your critic if it shows up. Turn up the tunes! No experience needed! RSVP if possible. (Price includes Open Studio after, 7:30 - 9:00 p.m.)

**\* Writer's Open Mic - 2nd Fridays** - November 8th, 7:00-9:00 p.m., \$10 donation. Bring something to read (3-5 minutes) or come to listen & support the writers. All kinds of written creative genius\* invited: poetry, prose, fiction, memoir, story, rant, scene. (\*genius-from the heart and soul.)

**\* Art Happy Hour - Every 4th Friday** - November 22nd, 7:00-11:00 p.m., \$25. Drop-in for all or a little. Kindergarten for adults! Great way to start your weekend, girls nite out, singles, date night, birthday celebration or just to play. I will have materials set out and you can come play, enjoy conversation or just relax with art. Leave with original art that you created! Snacks, too! No art experience needed.

**\* Art Church - Art as an Inner Journey - Every 2nd and 4th Sunday** - 10:00 a.m.-Noon, \$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 :)

**Painting in Acrylic or Oil & Mixed Media - Sundays** - 1:00-4:00 p.m., Fall Class happening, Join any time. Contact Therese Rossi 619-395-5847, therese.rossi@sbcglobal.net

**FOR KIDS:** SEE ABOVE. Veterans Day and Thanksgiving Week Camps this Month!

For info contact Joan Green: [joan@greenartlabs.com](mailto:joan@greenartlabs.com), (619) 206-6613, [www.GreenArtLabs.com](http://www.GreenArtLabs.com)

BOOK NOW!

- **CUSTOM WORKSHOPS** for Your Organization - Facilitated art making that is easy, fun, creates community and can work with specific challenges of your organization. Also a great field trip for schools or scout troops.
- Facilitated ART CELEBRATIONS for birthdays, anniversaries, retirement, bachelorette parties, wedding showers, baby showers, even weddings and memorial services. Fun and memorable! No art experience needed for your guests!
- Custom ART HAPPY HOUR, Paint to Music or, any of our offerings can be adapted for your family, group or company, great for team building!
- Studio rental available for your workshops, classes, private practice or events.

No art  
experience  
needed by  
your  
guests!

Ongoing studio rental for your classes,  
groups or private practice. (\$30/hr)  
Non-Facilitated Party Space Rental (\$50/hr)

**GREAT GIFT ITEMS!**  
Passes • Gift Certificates  
Scribble Books • Art • Cards  
Pins • Magnets • More!

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Make ART that CHANGES your life!

Please RSVP for all events and for more information: 619-251-8474 or tish@ExpressiveArtsSanDiego.com  
All offerings held at **Expressive Arts @ 32nd & Thorn** • 3201 Thorn Street, San Diego, CA 92104  
[www.ExpressiveArtsSanDiego.com](http://www.ExpressiveArtsSanDiego.com) • [tish@ExpressiveArtsSanDiego.com](mailto:tish@ExpressiveArtsSanDiego.com)

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• Schedule subject to change, call to RSVP and confirm • Work/study available, we do our best to not turn anyone away for lack of funds.

## This is an Expressive Arts Studio...

where we focus on the PROCESS of making art rather than the end product.

Our goal is to create a safe place for you to use the arts to help you work through challenges, create change and have fun. We believe that art is helpful, art is healing, art relaxes, art inspires, art changes us, art changes the world we live in and a whole lot more!

Visual • Movement • Music • Drama • Writing

Skype & Phone Sessions, too.

## Expressive Arts Therapy Individuals, Couples & Families

**NO ART EXPERIENCE NEEDED!**

Great support for your life to help you manage stress, create change, live a more satisfying life or to just feel more artful.

Working with all life issues such as **anxiety**, illness, work, **relationship**, parenting, **grief**, addictions, eating disorders, **depression**, **stress**, trauma, self esteem, unresolved childhood issues and **unblocking** creativity.

Also offering EFT (Emotionally Focused Therapy) for couples combined with Expressive Arts.

Can be playful and powerful.  
Tish Sjoberg, MA, CAGS  
Expressive Arts Therapist

**Free 30-minute consultation**  
to see if it is a good fit for you!  
Call for an appointment: (619) 251-8474