

Expressive Arts

Exploration in All Art Media



Facilitated by

Alessandra Colfi, Ph.D.(c), IEATA

This is a class for beginners as well as for confident artists, since the approach and the exercises are innovative, playful and comprehensive of life's joys and issues. We will use a variety of art media like collage, acrylic, watercolor, oil pastel, clay and printmaking, and use music to facilitate and enhance the creative processes. This is a relaxed class where you'll receive lots of personal guidance. No previous experience is necessary, just a desire to enjoy the creative process.

All skill levels are welcome from novice to professional.

Fridays, 9 AM - 12 PM
August 1, 8, 15, 22, 29 & Sept. 5

Cost \$107, OMA members \$87
\$35 materials fee pay to instructor,
includes all supplies and materials

<http://www.oma-online.org>

Pre-registration is required.

To register, call the Museum at 760-721-2787

The OMA School of Art is located at:
219 N. Coast Highway ~ Oceanside, CA 92054

(Between Pier View Way and Mission)



Questions? Call Alessandra Colfi at 858 735 5708
Alessandra@AlessandraColfi.com



Alessandra obtained her B.A. in Linguistics, her Master in Fine Art, and she is completing her Ph.D. in Expressive Arts Therapy. She's a member of the International Expressive Arts Therapy Association and the Associate Director of the Expressive Arts Therapy Department at IUPS. Alessandra is a professional artist in the community with exhibitions and awards for her mixed-media artwork; Alessandra has been using art and its therapeutic effects for over 7 years in private and clinical settings (assisting cancer patients, Alzheimer's seniors, the mentally disabled; adults, teens and children). You'll find Alessandra's art and Cardissima!™ art cards in galleries and high-end stores locally.



Alessandra's Expressive Arts Therapy & Creative Playshops™ are offered at Golden Door; Cal-A-Vie The Spa Haven; La Costa Resort; International University of Professional Studies—IUPS; Art Campus @ Fallbrook; Caring Community - Living with Cancer; Deer Park Monastery; San Dieguito Adult Education; Fairwinds Retirement Community; Canyon Crest Academy; Cosmikids; DeepBlue; TERI, Inc. Past venues: Shi-ho Gallery; The Unity Center; The Children School - La Jolla.