

Spring Art Show! at Rising Bird Healing Arts

THE ARTISTS:

Courtney Putnam, Mixed Media Artist
Kara Jones, Henna Artist

When: Thursday, April 10, 6:00-9:00pm

Where: Rising Bird Healing Arts
6316 9th Avenue NE
(in the Roosevelt District of Seattle)



"Winter Birds Turn Toward Spring," by Courtney Putnam, mixed media collage with wax



As a special treat, Courtney will be joined by **Kara Jones**, who will offer **henna body art** for those who wish to decorate their hands or feet!

Join us for a celebration of spring and art!

- ☺ Courtney's original art and prints for sale!
- ☺ Kara's cards, stickers, and paper goods for sale!
- ☺ Enter to win a free massage!
- ☺ Enjoy some delectable refreshments!

For more information about the artists, see the next page!

Courtney E. Putnam, MFA, LMP, CRP
Rising Bird Healing Arts
website: www.rising-bird.com • art blog: www.oriart.blogspot.com
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About the Artists

About Kara Jones



Kara, founder of **Henna Healing** and **1,000 Faces of Mother Henna**, will be offering henna body art to those who wish to decorate their hands or feet. Her partner Hawk will be on hand to help with aftercare of henna and to

photograph designs for their portfolio. Samples of her body art work (and Hawk's photos) are posted on the site at www.HennaHealing.com. Kara will also have cards, stickers, and other paper goods featuring art from the 1,000 Faces project for sale. You can see some of these items online in her shop at www.MotherHenna.Etsy.com—and she'll be offering special discount on various items just for the Rising Bird Arts Night! If you'd like to learn more about Kara, Hawk and their henna art work, check out www.MotherHenna.com/about.htm.



About Courtney Putnam



Courtney is a massage therapist, Reiki practitioner, writer, and visual artist. She runs her home-based business, **Rising Bird Healing Arts**, offering holistic healing and bodywork sessions and creative workshops. It is here in her home where she also creates her mixed media collages and encaustic art. In her work, she often explores the human-animal connection, blurring the lines between human and non-human animal forms. Birds are frequently central to her creations because they are gentle yet powerful creatures; they are so light and fragile, yet profoundly symbolize freedom, release, creativity and transformation. As an artist, writer and healer, she sees her work as embodying these characteristics. For more examples of her artwork, feel free to visit the **Quiet Girl Gallery blog** at www.oriart.blogspot.com, and for a little slice of creative and healing inspiration visit the **Healing Nest blog** at www.healingnest.blogspot.com.



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