

Spring Art Show!



Friday, May 1, 2009
6:00pm-9:00pm

Rising Bird Healing Arts
(6316 9th Avenue NE in Seattle)



Spring Goddess by Courtney Putnam

THE ARTISTS

Courtney Putnam, Mixed Media Artist

Carol Walter, Aroma Artist

- * Courtney's spring-inspired **mixed media & encaustic art** (originals & prints) for sale!
- * Carol's **Solace Essentials** products for sale!
- * **Aromatherapy readings!**
- * Enter to win a **free massage!**
- * Enjoy some **delectable refreshments!**



This spring, Courtney will be joined by gifted aroma artist **Carol Walter** of **Solace Essentials**. Carol will be selling her Solace Essentials products: chakra-specific lotions, creams, and shower salts. She will also be offering **aromatherapy readings** using Aromatherapy Insight Cards (\$15/reading)!

Please join us!

(see artist bios on next page)

Rising Bird Healing Arts • Courtney E. Putnam, MFA, LMP, CRP

6316 9th Avenue NE, Seattle, WA 98115

(206) 228-9124 • cputnam@rising-bird.com

website: rising-bird.com • blogs: oriart.blogspot.com & thehealingnest.blogspot.com

About the Artists

About Carol Walter



Solace Essentials was founded in 2005 by Certified Aromatherapist Carol Walter, after a 25-year health misdiagnosis, exacerbated by career burn-out and sudden loss of a relationship. Carol turned to natural remedies, including essential oils, to heal her body and soul. After experiencing unexpected physical healing of the mysterious medical condition accompanied by personal growth, she decided to further her knowledge and help others. Her certification in Aromatherapy—an ancient art and science that unlocks the natural healing energy of essential oils—is from the East West School for Herbal and Aromatic Studies (www.theida.com). Through her practice, Solace Essentials, she offers her healing expertise to you with custom Essential Oil Healing sessions, 100% organic essential oils, and unique, natural bodycare products that nurture both your skin and soul. To make an appointment please call **206.851.3233** or visit <http://www.solaceessentials.com>.

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, as well as mind-body and creativity workshops. It is here in her home where she 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 also 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.



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