

# Art Show and Open Studio

*featuring Patricia Catherine and Courtney Putnam*

**Date: Saturday, July 18, 2009 • Time: 1-4pm • Location: 8217 30th Ave. NE (in Wedgwood)**  
Original art and art prints for sale! • Tasty refreshments! • Enter to win a free art class or massage!

## Courtney Putnam

Mixed Media and Encaustic

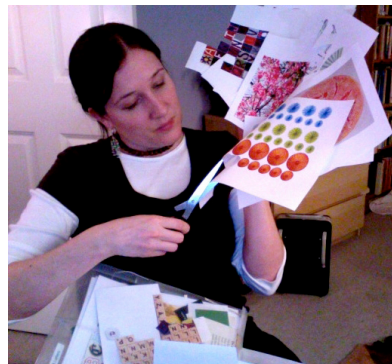
Creating art is a form of healing for me. My art is greatly influenced by work as a healer -- a massage and Reiki practitioner -- and I see my play with paint and wax and found images as part of my path to personal growth and healing.

I am particularly fond of mixed media because of the way the form allows for whimsy, mistakes, messiness, and layered depth. I work intuitively, imprecisely, and create very much with an awareness of my body and its messages.

In my art, I often explore the human-animal connection, blurring the lines between human and non-human animal forms. Birds are frequently central to my 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, I see my work as embodying these characteristics.



*Bloom*, encaustic by Courtney Putnam



[www.rising-bird.com](http://www.rising-bird.com)  
[oriart.blogspot.com](http://oriart.blogspot.com)

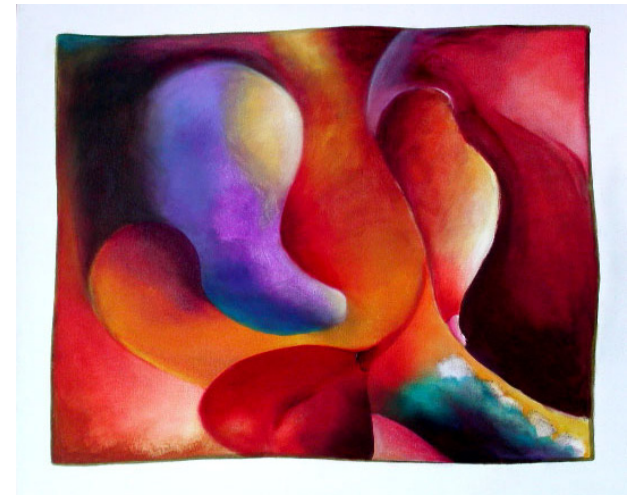
## Patricia Catherine

Oil and Pastel • Art for Healing and Change

I love it when I come across a piece of art that touches my soul and makes it soar. It inspires me and lifts my spirits at the same time. It changes my mood, it gives me hope. It may intrigue me or challenge my way of thinking. But it touches me and draws me in and this is why I create art: To touch something inside of you.

I studied fine arts in college, but haven't focused solely on creating art until recently. I have waited my whole life to be doing this and it was worth the wait. And honestly, the art I am doing now I could never have done when I was in my 20s. Living my life has added incredible depth to my art.

I believe that now is the time to listen to our hearts and follow. My motto: Do your best, be happy and be in love with your life.



*Good Grief (just let it go)*, oil by Patricia Catherine



[www.patriciacatherine.com](http://www.patriciacatherine.com)