



APRIL 15, 6PM
TICKETS
\$15-\$25

2019 SIP & SHARE
EAT, DRINK, AND JOIN THE CONVERSATION

Raffle Basket #1

“The Resilience Basket”

Total Value: \$240.00

5-Class Pass to [Seattle Yoga Arts](#) (\$100 value)

“Our classes are infused with heartfelt wisdom and insight, rooted in effective physical alignment concepts, and informed by current biomechanics and somatic research. All bodies, ages and fitness levels are welcome in our supportive community!”

One hour (60 minute) Craniosacral Therapy Session at [Classic Healing Arts](#) (\$90 value)

“This therapy is said to be particularly indicated for mental stress, “overactive mind,” “computer neck” and back pain, concussion, migraines or chronic headaches, vertigo, TMJ/TMD, hip pain/dysfunction, Parkinson’s disease. It is also offers relief for chronic nervous conditions such as fibromyalgia, digestive trouble, traumatic experience (vigilant holding patterns generated by abuse or attack for instance,) or PTSD. It is also gentle enough to provide comforting therapeutic touch for people undergoing cancer treatment.”

“Healing Staff Favorites” from [Rainbow Natural Remedies](#) (Value \$50)

An assortment of bath salts, loose-leaf teas, and salves that promote stress relief and soothe the body. Rainbow Natural Remedies has provided the following to aid you in your self-care needs:

- Pacha Soap Co. “Sand & Sea Froth Bomb”
- Shepard Moon Concoctions “Ache & Pain Relief” bath salt remedy
- 2 oz. of each of the following: “Be Here Now Tea,” “Get to Sleep Tea,” and “Relaxation Tea”
- AllVia Clinical Strength “Magnesium Topical Spray”
- Badger “Cayenne & Ginger Sore Muscle Rub”



