



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”





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Raffle Basket #2

“The Foodie Basket”

Total Value: \$159.95

\$50 gift certificate for cooking classes at [The Pantry](#)

“Here at The Pantry, we like to call ourselves a community kitchen. For us, that means we do many things: cooking classes that focus on traditional food crafts and technique, five-course family-style dinners, culinary camp for the kids, power lunches for makers who are itching to enter the food industry, food swaps for people who are looking to keep their cooking time social, and cookbook club potluck suppers, where we pick a cookbook that we're excited about and invite everyone to share their creations. Basically anything we can think of to get our neighbors around the table, breaking bread and building community.” — Brandi Henderson, Founder

\$50 gift certificate to your local [PCC Market](#)

“Our passion is for great food and cooking, from our fresher-than-fresh local produce to our in-store kitchens where original recipes are made from scratch daily using fresh, seasonal ingredients. Because when you love a community, you feed it well.”

“Favorites Gift Basket” from MarketSpice (\$59.95 value)

An assortment of teas, spreads, and other tasty treats from MarketSpice, a historic, local shop in the heart of Pike Place Market. This basket includes the following goods and signature flavors:

MarketSpice Tea 24tb Box, NW Breakfast Tea 24tb Box, 5oz Cinnamon-Orange Honey, 3.5oz MarketSpice Cookies, MarketSpice Pillar Candle, Cinnamon-Orange Apple Fruit Butter, 4moz Spiced Cider Package, Licorice Breath Mint Tin, MarketSpice Ready To Drink Bottle, 7.83oz Cinnamon-Orange Tea Infused Jelly, White MarketSpice Logo Mug, Mesh Teaspoon Pinch.

