

Buy It Now!

The following items were not sold during our recent 30th anniversary dinner and auction. We are currently auctioning these items at up to half off their original value. Please contact info@seattlemidwifery.org and let us know what you would like to buy. First come, first served, so act quickly! Unless otherwise noted, the item will be mailed to you after we receive your payment.

#14 **Spiritual Retreat**

Share an amazing occasion with six of your friends during a special half-day retreat with Trudy James, hospital chaplain, retreat leader, and AIDS CareTeam specialist for Multifaith Works in Seattle. Trudy will work with you to host a retreat that speaks to your interests and values at a location of your choice. A wonderful way to celebrate friendship and spiritual connection.

Valued at \$600

Buy it Now for \$400

Donated by Trudy James

#22 **Gerry Tsutakawa Bronze 'Reclining Study'**

'Reclining Study' is a fabricated bronze sculpture created by artist Gerry Tsutakawa in 2007. Tsutakawa apprenticed with his father, the late George Tsutakawa, for ten years. He has since established himself as an accomplished sculptor in his own right and has been featured in solo and group shows throughout the Northwest and in Northern California. He is recognized for his sensual abstract bronze sculpture and his elegant bronze fountains of flawless design and workmanship. This signed original piece stands out with its inviting shape and red patina. 5 inches by 9 inches by 1.5 inches.

Valued at \$1,200

Buy it Now for \$1,000 (pickup only)

Donated by Gerry & Judy Tsutakawa

#305 **Yoga - Four Class Card**

Whether you're looking to begin studying yoga or are already practicing, this item will help you develop. Receive a four-class yoga card for the Heart of Wellness Studio with Kristen Rubis in Tumwater. The Heart of Wellness is a heart-centered sanctuary where practitioners harmoniously gather to create a safe and nurturing haven to awaken Divine truth.

Valued at \$40

Buy it Now for \$20

Donated by Kristen Rubis

#535 Prenatal Belly Dance Class in Bellingham

Attend an eight-week Dance of Birth series. Dance of Birth is a fun, interactive and inspiring class for nurturing pregnancy and birth. We will learn some simple belly dance moves that support pregnancy and labor, practice energy work, and see the power of childbearing. Classes are held from 11 am to 1 pm at the Connection in downtown Bellingham across from the Bellingham Farmer's Market.

Valued at \$80 **Buy it Now for \$40**

Donated by Danielle Chevalier

#616 Prenatal Belly Dance Class in Bellingham

Attend an eight-week Dance of Birth series. Dance of Birth is a fun, interactive and inspiring class for nurturing pregnancy and birth. We will learn some simple belly dance moves that support pregnancy and labor, practice energy work, and see the power of childbearing. Classes are held from 11 am to 1 pm at the Connection in downtown Bellingham across from the Bellingham Farmer's Market.

Valued at \$80 **Buy it Now for \$40**

Donated by Danielle Chevalier

#639 Weightloss Acupuncture with Brigitte Ardea

This series includes initial consultation and 2 acupuncture sessions. An effective adjunct therapy to any weight reduction regime, acupuncture points are chosen to eliminate food craving, reduce anxious overeating, normalise blood cholesterol and glucose levels, and improve digestion. Evaluation includes setting an attainable weight loss goal, exploring diet history and challenges, and identifying current exercise habits. Nutrition consultation and stress management evaluation included. Referral to nutritionist, MD or ND for monitoring available if desired. In the Roosevelt District.

Valued at \$210 **Buy it Now for \$105**

Donated by Brigitte Ardea

#642 Bradley Childbirth Class

Take a friendly, supportive ten-week childbirth class to help you prepare for a birth at home, birthcenter, or hospital. Not only perfect for you, this is also a wonderful gift for a friend or client who may not be able to afford a class.

Class takes place in West Seattle. No expiration date.

Valued at \$275 **Buy it Now for \$138**

Donated by Betsy Hoffmeister

#653 Prenatal Pilates Package

Pamper yourself and your growing baby with a six-week maternity series at Conscious Body Pilates in the Madison Valley. Enjoy Pilates at home with a Stott 'Prenatal Pilates on the Ball' DVD. *Expires 11/17/08.*

Valued at \$140 **Buy it Now for \$70**

Donated by Conscious Body Pilates

#728 Client Tracking Database

Client tracking database specifically designed for midwives. Package includes branding to your colors and logo and up to five hours of support.

Valued at \$500 **Buy it Now for \$350**

Donated by Elizabeth Chalmers

#732 Art By Adrienne

Adrienne Anderson Smith is considered to be a Norman Rockwell of pencil portraiture, depicting the challenging structure of creatures on earth using Prismacolor pencils. Adrienne captures each subject's character with warmth and depth. From a photograph you provide, she will produce a 10" x 12" portrait on acid free paper.

Winner must supply photo by 11/17/08. The value of the gift certificate may be applied toward a larger piece if desired.

Valued at \$600 **Buy it Now for \$300**

Donated by Adrienne Anderson Smith

#737 The Gift of a Doula for a Mom You Care About

SMS Executive Director, Cheryl Murfin, CD, is an experienced, loving doula who takes whatever time is necessary to serve her clients well. She will work with two clients of the bidder's choice, free of charge to the client. Great for midwifery clients who may not be able to afford additional doula services or for a sudden transfer.

Cannot serve due dates in December and August, but will prioritize this gift for other months.

Valued at \$800 **Buy it Now for \$800**

Donated by Cheryl Murfin