

calendar of events

NOTE: All Calendar events & Special Offers must be received by April 5th (for May issue) and adhere to our guidelines. Visit MileHighNaturalAwakenings.com for guidelines and to submit entries. All entries will be edited.

april special offers

AROMATHERAPY: 25% Off Initial Session

Essential oils can increase emotional balance and well-being, and contribute to better overall health. Kim Farrington, HHP, CCAP, Root Wellness Studio, 2247 Federal Blvd. Denver 720-810-7714

20% Discount on REIKI

when you mention *Natural Awakenings* while scheduling your appointment. In Denver and Boulder. Michel Barta, M.Ed. Reiki Master Teacher. Peace Bridge Reiki 720-722-3545

ENERGY HEALING: Free Aura Clearing and Chakra Balancing

for first-timers every Wednesday 6-7 pm, open to everyone. Repeats \$5/pp. Journey Within, 777 S Wadsworth Blvd., Bldg 2-108, Lakewood. Anita Destino, 720-413-7303

COUNSELING:

Complimentary Consultation

with *Live Your Knowing Counseling*, Creekside at Highline Office Park, 1211 S Parker Rd, Denver. Renee Ellis, MA RMT, 720-984-9575

ENERGY HEALING: \$30 Off Initial Healing

(Reiki/vibrational/intuitive reading) for first-time clients. In person or phone. 2055 S Oneida St, #330, Denver. JoAnne Palladino, Reiki Master-Teacher, Channel, & Intuitive. 303-263-0679

You must mention

Natural Awakenings

*to receive these
freebies and discounts.*

Denver's Best Psychic Fair—10am-7pm thru Sun. Both For Heaven's Sake Locations. \$1.50/minute psychic readings (30 min. minimum). BOGO 25% off crystals, aroma, jewelry, home decor. Learn more Bit.ly/ForHeavensSakeEvents

APR 13 SAT

Couples Tantra Experience—7-9:30pm. 2nd Sat ea month. Gain a roadmap to discover one another in a new way. RSVP! Event fills fast - waitlist available \$35/Couple. Osho Leela, 1025 Rosewood Ave, # 106, Boulder. Info Judith Anne Condon 303-630-9479 or journestotantricbliss@gmail.com

Let's Get Stoned: A Gemstone Exploration—7-9pm. 2nd Sat ea month. Learn about stones/crystals and the spiritual guidance/healing they can give. New instructor/topics monthly. \$12pp, \$20/couple (pre pay). For Heaven's Sake Metaphysical Books and Gifts, 4900 W 46th Ave, Denver. Tix Bit.ly/LetsGetStonedFHS

\$25 Pet Readings—11am over the phone, 2nd Sat ea month. Improve your relationship with your companion animal! Clarify relational dynamics and negotiate issues. All species welcome. Schedule online Boulderpsychicinstitute.org.

APR 19 FRI

Good Friday

Sacred Drumming Circle, Sound Celebration & Meditation—7-9pm. Sound, breath, mindfulness and meditation in the energy of the circle. Bring a snack and your instruments for an evening of vibrational expansion. Suggested \$10. Journeys for Conscious Living, 7401 W 59th, Arvada. 303-731-6695 or J4CL.com

3 Days of Tantra—thru Sun. Join a committed group of passionate Tantrikas for a full weekend of Tantric community practice & experiential guidance at a private home in Estes. Incl organic Breakfast/Lunch/Brunch. \$327-\$647. Info/RSVP Judith Anne Condon, 303-630-9479 or journestotantricbliss@gmail.com

APR 20 SAT

Love Is Never Lost - Gallery Readings with Randy Birke—6-9pm. Randy sees and hears spirits as well as people's deceased relatives and friends. They provide extremely specific facts, details, identifying traits and situations which the attendee confirms. Randy is closely connected to angelic forces. \$35. For Heaven's Sake, Lakewood. Tix Bit.ly/RandyBirkeFHS

Loving Yourself Thin! How to Rock Your Skinny Self With Body, Mind and Spirit—10am-Noon. Learn exactly how to love yourself thin by healing old wounds that drive unconscious eating. Laugh, sing and learn amazing tools to heal the urge to overeat. Holiday Inn Hotel, 4777 North Broadway, Boulder. \$47. Info/RSVP Elisha Gabriell elishag3838@yahoo.com or LaughingGoddess.International

APR 21 SUN

Happy Easter!

APR 22 MON

Earth Day

APR 23 TUES

Guided Meditation; Clearing Your Chakras—6:30-7:30pm. Explore the power of healing. Be guided a gentle way to clean and balance 7 major Chakras. Let go of any energetic blocks while you bring in peace, love, harmony. Early/\$20, \$25/Door. Journey Within; 777 S Wadsworth Blvd Bldg 2 #108, Lakewood. Anita Destino 720-413-7303, journeywithin@hotmail.com

APR 2 TUES

Self-Healing 101—Learn how to meditate and heal yourself with easy to use visualization techniques. Check out this first class for FREE. Offered in-person & over-the-phone. BoulderPsychicInstitute.org

APR 3 WED

5 day Introduction to Biodynamic Craniosacral Therapy—9:30am-6pm thru Sun. Learn to perceive and support healing forces in the body. Course can be taken alone or as the first five days of the 50-day Certification Training. \$700. RSVP/info Schoolofinnerhealth.org

APR 5 FRI

Sacred Drumming Circle & One Heart Song Global Meditation—7-9pm. Share intentions and sacred vibrations of the Drum Circle with a focus of global peace. Bring a snack and your instruments. Suggested \$10. Journeys for Conscious Living, 7401 W 59th, Arvada. 303-731-6695. J4CL.com

APR 6 SAT

Shamanic Journey & Drum Circle with Donna DeNomme and Wynn Chaney—6-8:30pm. Access the spirit world with Donna DeNomme to connect with your spirit helpers and bring back messages meant to assist you at this time. \$45pp. 1923 N Wadsworth Blvd, Lakewood. Tix Bit.ly/ShamanicJourneyDrumCircleFHS

APR 9 TUES

Shmaya Gathering w/JoAnne Palladino—7-8:30pm. Experience Shmaya, an illumined, channeled presence that attunes you to the love and light within. \$20. First Spiritual Science Church of Denver, 3375 S Dahlia, Denver. RSVP 303-263-0679 or joanne@joannepalladino.com

Begin Your Qigong Lifestyle—6-8pm, 9 wkl classes Tuesdays. Heart-centered, intentional practice in the wholeness of proper qigong self-care, inner alchemy and chi nutrition. Eliminate stress's harmful impact on health, reverse aging and thrive in vibrant health. A prereq for Professional Medical Qigong Practitioner training. \$495. Chi Wellness, The Center of Qigong, Denver. Debra Lin Allen 720-427-0406, DebraLin.ChiWellness@gmail.com

The Women's Way to Health, Wealth and Happiness-Online Meetup—5:30-7pm. Zoom Live Stream. Topic: Authentic Video Marketing. Presented by Tryna Cooper (303-550-4223) and Kathy Mason (720-938-2536). Donations gratefully accepted. RSVP required for live stream information.

APR 10 WED

Free Class at Hypnotherapy Academy—7pm. Three secrets to creative positive life changes by learning how your subconscious mind works. 2132 Osuna Road, NE, Suite B, Albuquerque. RSVP 505-767-8030.

APR 12 FRI

David Young Music & Discussion "The True Story of Jesus and His Wife Mary Magdalena"—7-9:30pm. David Young returns to Denver for a tour of music, healing meditation, personal readings and a discussion workshop with his mind-expanding, new book. \$30. Journeys for Conscious Living, 7401 W 59th Ave, Arvada. Tickets at EventBrite: David Young, Denver. Larry Cooper 303-289-1034. J4CL.com

\$15 Trance Medium Healings—Receive a channeled healing from our post graduate students. Come with a healing intention and release pain, mental blocks, and spiritual imbalances. Offered in-person & over-the-phone. Schedule online BoulderPsychicInstitute.org

APR 24 WED

Shmaya Gathering w/JoAnne Palladino—7-8:30pm. Experience Shmaya, an illumined, channeled presence that attunes you to the love and light within. \$20. 2555 S Oneida St, Ste 330, Denver. RSVP 303-263-0679 or joanne@joannepalladino.com

APR 25 THURS

Guided Meditation; Emotional Release—6:30-7:30pm. Sometimes our emotions, thoughts, patterns build up and become stuck in our space. Release these feelings, thoughts and any barriers preventing you from feeling safe. Early/\$20; \$25/Door. Journey Within; 777 S Wadsworth Blvd Bldg 2 #108, Lakewood. Anita Destino 720-413-7303, journeywithin@hotmail.com

APR 26 FRI

Denver's Best Psychic Fair—10am-7pm Fri-Sun. Both For Heaven's Sake Locations. \$1.50/minute psychic readings (30 min. minimum). BOGO 25% off crystals, aroma, jewelry, home decor. Learn more Bit.ly/ForHeavensSakeEvents

\$15 Trance Medium Healings—Receive a channeled healing from our post graduate students. Come with a healing intention and release pain, mental blocks, and spiritual imbalances. Offered in-person & over-the-phone. Schedule online. BoulderPsychicInstitute.org

APR 27 SAT

World Tai Chi & Qigong Day Celebration—9:30am-Noon. Free. 21st annual global celebration of Chi Cultivation for Health and Prosperity. Bring family and friends where we'll build our powerful Chi Wave with Qigong Movement. Dress casually/comfortably. Bring healthy snack to share. Debra Lin Allen 720-427-0406, DebraLin.ChiWellness@gmail.com

Introduction to Biodynamic Craniosacral Therapy—9:30am-6pm. Discover the living world inside the body through the elegance and effectiveness of Biodynamic Craniosacral Therapy. The course introduces the philosophy and skills of this modality. Students will explore the subtle underlying forces of the human body and their healing capacity. The biodynamic paradigm is a component of all courses offered at the School of Inner Health. This course is also offered June 2. \$250. RSVP/info 303-999-9963 or Schoolofinnerhealth.org

APR 28 SUN

Aromatherapy Spa Workshop—9-10:30am. Take home a scrub you make from natural ingredients; learn how to include essential oils in self-care; explore oils and aromas. For ages 50+. \$10; \$5 supply fee. Wheat Ridge Active Adult Center, 6363 W 35th Ave. RSVP Rootedinfun.com. Questions Kim@KimFarringtonccap.com

APR 29 MON

We Are Change Open Mic Night—6-10pm. Share the power of uniting our local grassroots activist community for an evening of food, music, interviews, headliners, poetry and dancing. Perform your songs and poems! Event page on Facebook and Wearechangecolorado.com

save the date

DAVID YOUNG MUSIC & DISCUSSION

FRIDAY, APRIL 12, 7-9:30PM

David Young returns to Denver for a power-packed tour of music, healing meditation, personal readings and a discussion workshop with his mind-expanding, new book, "The True Story of Jesus and His Wife Mary Magdalena". \$30. Journeys for Conscious Living, 7401 West 59th Avenue, Arvada. DavidYoungMusic.com. Tickets at EventBrite: David Young, Denver. Questions Larry Cooper 303-289-1034. J4CL.com or 303-289-1034.



NIGHTSPARKS FUNDRAISER FOR LIFESPARK CANCER RESOURCES

FRIDAY, APRIL 12, 7-11PM



Dinner, live music, dancing, live and silent auctions to raise money for LifeSpark Cancer Resources, a leading-edge non-profit organization that provides Reiki and Healing Touch treatments to cancer patients and their caregivers free of charge from Longmont to Colorado Springs. Nearly 80% of those receiving sessions in our program report feeling significantly better both physically and emotionally. 95% of participants say the sessions were valuable. Over 100 volunteers deliver thousands of sessions to individuals with cancer and their caregivers every year. Wellshire Event Center, 3333 S Colorado Blvd, Denver. LifeSparkNow.org

LOVING YOURSELF THIN!

HOW TO ROCK YOUR SKINNY SELF WITH BODY, MIND AND SPIRIT!

SATURDAY, APRIL 20, 10 A.M. - NOON

Done with blame, shame and beating yourself up? Learn exactly how to love yourself thin by healing old wounds that drive unconscious eating. Laugh, sing and learn amazing tools heal the urge to stuff and overeat. Come prepared for a-ha's and new friendships that will support you creating your ideal body! Holiday Inn Hotel, 4777 North Broadway, Boulder. \$47. Info/RSVP Elisha Gabriell elishag3838@yahoo.com or LaughingGoddess.International



3 DAYS OF TANTRA - SPRING OF 2019 - RISE

APRIL 19, 20, 21



Curious about the synergy of Sexuality & Spirituality? Know that free-flowing sexual energy & bliss are your birthright but feel it's out of reach? Join us, a committed group of passionate Tantrikas for a full weekend of Tantric community practice & experiential guidance at a private home in the mountains of Estes. Includes organic Breakfast, Lunch & Brunch. \$327 - \$647. Info/RSVP Judith Anne Condon, 303-630-9479 or journeystotanicrbliss@gmail.com

3RD ANNUAL COLORADO HOLISTIC FAIR

APRIL 27 & 28, 10 AM - 5 PM

Explore alternative choices for taking care of your body, mind, spirit & our environment. FREE Parking! FREE Lectures!! \$7/day, \$12/weekend; children 12 & under FREE. Tickets at the door. Adams County Fairgrounds, 9755 Henderson Rd, Brighton. For more info, see Holistic-fairs.com or contact Carol at 970-472-0200 or holisticfairs@gmail.com.



on going events

daily

Free Healing Therapy for Individuals with Cancer—Reiki and Healing Touch support relaxation and balance on physical, mental, emotional and spiritual levels. Sign up for free sessions at one of our partner locations, or in-home for those too sick to travel, at LifesparkNow.org

tuesdays

Longmont Spiritual Transformation with Transmission Meditation—7pm. Join us for a group meditation that is a stimulus to our individual development and also a potent form of world service. Free. Connie 303-834-0526

Wheatridge Spiritual Transformation with Transmission Meditation—7pm. Join us for a group meditation that is a stimulus to our individual development and also a potent form of world service. Free. Tim 303-239-8101

\$30 Psychic Readings—7-8:30pm. Performed by our graduate students. Enjoy their advanced skill set and ask questions about relationships, career, health, and more! Schedule online. BoulderPsychicInstitute.org

wednesdays

Energy Healings; Aura Clearing and Chakra Balancing—6-7pm. A healing is an energy clearing, release negative energy blocking growth and create the life you desire. \$5 per healing. Free for first time visitors. Journey Within @ Irongate Executive Plaza 777 S Wadsworth Blvd Bldg 2 #108, Lakewood. Anita Destino 720-413-7303, journeywithin@hotmail.com

thursdays

Qigong Movement—6-7:30pm. Fun group experience increases flexibility, strength, endurance, mental focus and calm. Suitable for folks healing & athletes seeking internal fortitude. \$20/drop-in; \$90/6 classes. Chi Wellness, The Center of Qigong, Denver. Debra Lin Allen 720-427-0406, DebraLin.ChiWellness@gmail.com

\$30 Psychic Readings—7-8:30pm. Performed by our graduate students. Enjoy an advanced skill set and ask questions about relationships, career, health, and more! Schedule online. BoulderPsychicInstitute.org

Aura and Chakra Healings—Drop-In between 6-7pm. Receive a 10-minute cleanse and release negative thoughts, emotions, pain and fear. Get replenished with positive energy and feel great. FREE. BoulderPsychicInstitute.org. 1332 Pearl St. Boulder. 303-530-0920.

fridays

FREE Healing & Meditative Services—6-7pm. Celebrate being yourself, living life, and cultivating community. Enjoy weekly themes such as chakra balancing, singing bowls, channeled angel healings, singing, storytelling, and meditative/shamanic journeys. BoulderPsychicInstitute.com

saturdays

Qigong Movement—1-2:30pm. Fun group experience increases flexibility, strength, endurance, mental focus and calm. Suitable for folks healing & athletes seeking internal fortitude. \$20/drop-in; \$90/6 classes. Chi Wellness, The Center of Qigong, Denver. Debra Lin Allen 720-427-0406, DebraLin.ChiWellness@gmail.com

sundays

North Boulder Spiritual Transformation with Transmission Meditation—7pm. Join us for a group meditation that is a stimulus to our individual development and also a potent form of world service. Free. Lon 303-746-7118

Learn About Daoism Sunday Sermon—8:30am. Daoism is a pathway to learning joy. The Dao or The Way, is a systematic approach to get in touch with your spirit. Join us every Sunday at the Dao House, 6120 CO-7, Estes Park, or online at DaoUSA.org for an inspiring talk. *Return to Simplicity. Live Your True Nature.*

Community Tai Chi/Qigong—9am. Enjoy the relaxing and energizing effects of community meditative movements. Breath deep, increase strength and flexibility at the Dao House, 6120 CO-7, Estes Park. DaoUSA.org

looking ahead

MAY - APRIL 2020

One Year Apprenticeship in Shamanism—Transformative training to enhance knowledge and refine skills in the ancient practices of Shamanism. Candidates for this program are those with a deep calling, commitment, and yearning to create an active, embodied experience of their spirituality and their relationship to the non-ordinary, compassionate Spirit realms. Basic shamanic journeying skills required. BJ Brown 303-808-4006 or Wolfheals.com.

MAY 3-4

Spring 5 Virtues Qigong Self-care Retreat—enroll by 4/19. Qigong practices integrate 5 essential natural life rhythms into daily living for spiritual fortitude, healing, nourishment, vigor and joyful, conscious self-expression. No exper nec. \$350 incl workbook/audios/videos. 720-427-0406, DebraLin.ChiWellness@gmail.com

MAY 5

Destress & Heal ~ Reiki Level 1 Training—1-4pm. Reiki is a tool you can have as close as your own hands to experience relaxation and healing. \$135 includes training, materials, attunement and certificate of completion. Info Michel Barta, 720-722-3545, peacebridgereiki@gmail.com

MAY 10

Learn About Bemer Technology—3pm. New technology enhances: blood flow; nutrient/oxygen supply and waste disposal; cardiac function; physical fitness, strength, endurance, energy; concentration, mental acuity, relaxation. \$10 includes a \$45 session. Clear Sky Medical, 9085 E Mineral Circle, #260, Centennial. RSVP 303-790-7860

JUNE 2

Introduction to Biodynamic Craniosacral Therapy—9:30am-6pm. Learn philosophy and skills. Discover the living world inside the body through the elegance and effectiveness of Biodynamic Craniosacral Therapy. \$250 Info/RSVP 303-999-9963 or Schoolofinnerhealth.org

JUNE 5-9

Introduction to Biodynamic Craniosacral Therapy—9:30am-6pm daily. Learn to perceive and support healing forces in the body. Elect as stand-alone or first five days of the 50-day Certification Training. \$700. RSVP Schoolofinnerhealth.org

JUNE 28-30

Biodynamic Principles—9:30am-6pm daily. Discover how to create the conditions that support healing and presence in yourself and others. Understanding principles can change relational, parental and professional dynamics. Complements any profession. \$390. RSVP Schoolofinnerhealth.org

STARTS JULY 6

Intuitive Healer Certification Training 10-Month Program—Called to help others? Become a Successful Intuitive Practitioner! Embrace Empowerment, & Abundance, Transform Your Life & the Lives of Others, Realize Your Dream. 8-Month training includes Weekly Tele-classes, Individualized Mentorship + 3 Retreats in Santa Fe, NM with equine support. Chantal Fidanza, 505-438-1074, info@YourDivineLight.biz



Coming Next Month

MAY

Healthy Vision

plus: Mental & Emotional Well-Being

natural awakenings

WOMEN'S HEALTH ISSUE