

save the date

IGNITE YOUR INSIGHT: HEIGHTEN YOUR PSYCHIC ABILITIES

SATURDAY, APRIL 7, 11AM-2PM



Think you need a Guru to explore your own innate spiritual gifts? The truth is, all you need is to meet your gifts at their proper frequency, hence, becoming your own Guru. During this enlightening workshop, Breakthrough Medium Elisa Malangone will help you find your own unique tools that will help unlock the inner wisdom of your own soul. Learning to raise your frequency is the key to igniting your own insight. \$40. Insight Studio, Wheat Ridge. For more information and to register please visit ElisaInsight.com

PAIN THERAPY AND HOLISTIC WELLNESS OPEN HOUSE

APRIL 21, 10:30AM - 4:30PM

Spring wellness open house inviting you to experience new holistic health modalities! Alternative Worldwide Health is known for balancing health by using natural medicine, bio-energetics, and pain therapies in our Certified Pain Center. We have two systems featured on Dr. Oz as revolutionizing healthcare! Services rendered in 10-15 minute sessions. Gourmet food and drink served. Bring a friend! Take control of your health by attending and discovering the many exciting paths to wellness! \$7 per person. Location: Alternative Worldwide Health in Vast Wellness Center, 2323 South Troy St. Building 3, Suite 3-107, Aurora. For more information, contact Jean Birdsall 303-241-8516 or jbirdsall7@outlook.com. Alternativeworldwidehealth.com



2ND ANNUAL COLORADO HOLISTIC FAIR

APRIL 28 & 29, 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.

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

You must mention Natural Awakenings to receive these freebies and discounts.

50% OFF ALLERGY ASSESSMENT

Got Allergies? Get your complete health picture!!! Biofeedback Electrodermal Testing. Alleviates allergies to foods, pollens, pets, molds & chemicals. Lymphatic Drainage Therapy to help the body detox. \$79 Savvy-wellness.com

FREE AURA CLEARING AND CHAKRA BALANCING FOR FIRST-TIMERS

Each 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

20% OFF NEW PATIENT EXAM AND X-RAYS

South Lakewood Dental, 2525 S Wadsworth Blvd, #11, Lakewood. Scott Stewart, DDS & Naturopathic Physician, 303-988-4338

FREE 15 MINUTE CONSULTATION

Consulting services that enable you to make positive changes in your life and environment. Tina Atchley, Everyday Health and Home, 303-910-4593 or tina@everydaywholehealthandhome.com

\$45 OFF 90-MINUTE INTAKE

Includes assessment interview, evaluation and treatment recommendations by Inge Sengelmann, LCSW, SEP, RYT-500, Embody Your Life, 305-788-6857 or Embodyyourlife.org

COMPLIMENTARY CONSULTATION

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

\$30 OFF INITIAL HEALING

Reiki, vibrational healing & intuitive reading for first-time clients. In person or phone. 700 E 9th Ave., #9, Denver. JoAnne Palladino, Reiki Master-Teacher, Channel, & Intuitive. 303-263-0679

FREE 20-MIN CONSULTATION- PHONE/SKYPE

Deep healing at the physical, emotional, mental and/or spiritual levels of your being. 679 W Littleton Blvd, #205 Littleton. Marie Adams EEM-AP, CHT, PT, Healing Change, 303-668-0299

SUN APR 1

FREE Outlaw 1—5-6pm FREE class every Sun. Physically challenging, technically simple power vinyasa. 2590 W. Main St, Littleton carly@outlawyogalittleton.com

MON APR 2

Self Healing 101—Learn how to meditate and heal yourself with easy to use visualization techniques. This first class FREE. In-person & phone BoulderPsychicInstitute.org

TUES APR 3

Mindfulness and Meditation Workshop—7-9pm Learn, practice, and share about mindfulness and meditation, and some techniques that will lead you to a more balanced life. \$10-\$20. Journeys For Conscious Living 7401 West 59th, Arvada. 303-550-4223 J4CL.com

Begin Your Qigong Lifestyle—Tuesdays, 6-8 pm. 9 wkly workshops. Build a heart-centered, intentional practice in the wholeness of proper qigong self-care, inner alchemy and chi nutrition. Prereq for Professional Medical Qigong Practitioner training in mid-Oct. Tuition incl Materials \$495. Chi Wellness, Denver. Debra Lin Allen 720-427-0406, DebraLin.ChiWellness@gmail.com

WED APR 4

Learn Tantric Practices—7-9:30pm. Connect with the cosmos and set you abuzz. Bees do it, birds do it, even educated fleas do it let's fall in love, with ourselves. \$35. Osho Leela USA 1025 Rosewood Ave # 106 Boulder Judith Anne Condon journestayotanictricitybliss@gmail.com

FRI APR 6

\$15 Christ Force Healings—7:30-9pm drop in. Lay on a massage table while a student healer channels the energy of forgiveness through your body. BoulderPsychicInstitute.org

SAT APRIL 7

Dog Trainer Program: Obedience and Good Manners Instructor—18 wk program; based on behavior science with effective, force-free, positive techniques. Space very limited. Lakewood. Email mishamayfoundation@gmail.com for application

Cherokee Spring Nature Hike: at Cherokee Ranch and Castle—9-11am. Panayoti Kelaidis of Denver Botanic Gardens and Lynn Willcockson lead a hike through Gambel Oaks, seeking early flowers and the spring migration of birds. \$25/\$20 member. Register botanicgardens.org

Citrus Rosemary Sugar Scrub Party—3-5pm. Oh So Soft Skin—finally—after creating this! Get my secret recipe and make with your friends. Bonus! Invaluable tips on essential oils from a Certified Aromatherapist. Chk other dates/times offered. \$20 incl drinks/snacks. Littleton. RSVP Evie Yang 858-922-2964 or aromatherapistevie@gmail.com

Spring Self-Renewal Mini Retreat—10am-1pm. Discover herbal tonics, health-boosting super foods and natural skin products you can make yourself. \$69/\$64 member. Register botanicgardens.org

Bringing Balance To Your Life—10am-Noon. Learn about maintaining balance in life, creating stability in your core, and counteracting or neutralizing the energies that weigh on you so you can remain creative and energized. \$20. Meetings and Events, Public Service Credit Union, Community room. 7502 W 80th, Arvada. 303-550-4223 J4CL.com

SUN APR 8

\$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. In-person & phone. Schedule BoulderPsychicInstitute.org

TUES APR 10

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, 3375 S Dahlia St, Denver. RSVP 303-263-0679 or joanne@joannepalladino.com

The Women's Way to Health, Wealth, and Happiness Meetup—7-9pm. In person and Live Stream. "Authentic Video Marketing" presented by Kathy Mason, Mason Works Marketing hosted by Enigma, Tryna Cooper and Kathy Mason. Zoom live stream or Meetings and Events, Public Service Credit Union, Community room, 7502 W 80th, Arvada. Donation. Info Tryna 303-550-4223 Kathy 720-938-2536

Yes! Stress Relief with Aromatherapist-Evie™—6:30-9:00pm. Stress depletes your energy, it reduces your clarity, deprives your focus, and leaves you feeling exhausted. Learn benefits of essential oils and make "Energy+Clarity+Focus" inhaler + "Relax/Sleep Easy" roll-on. \$65 River North Workshop 3040 Blake St, Unit 131, Denver RSVP dabble.co/rc/evieyang3

THURS APR 12

Yoga, Healing, And Liberation: In-Person Leadership Intensive—thru 4/15. Build deep connections between personal healing and collective liberation through a paradigm shift that challenges beliefs and assumptions that influence our thoughts and actions as activists and leaders. Seane Corn, Hala Khouri, and Suzanne Sterling Rev. Angel Kyodo Williams Anasa Yoga 4232 Macarthur Blvd, Oakland, CA. Sarah Lipsett info@offthematintotheworld.org

SAT APR 14

\$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 BoulderPsychicInstitute.org

Herbal Home and Garden Workshop—9am-1pm. Learn how to plant and maintain a productive herb garden and how to harvest, store and process your herbs into marvelous products for kitchen, medicine cabinet, space and home cleaning. Herbal luncheon, take-home samples and extensive handout included. \$69/\$64 member. Register botanicgardens.org

Lavender-Eucalyptus-Peppermint "Spring Rescue" Inhaler Party—3-5pm. Need help with Spring air affecting you? Fast, easy to make, convenient (pocket size). Promotes easy breathing, supports dripping and plugged up nose, boosts immune system. Chk other dates/times offered. \$20 incl drinks/snacks. Littleton. RSVP Evie Yang 858-922-2964 or aromatherapistevie@gmail.com

TUES APR 17

Aurora Shamanic Journey Circle—6:30-8:30pm. Learn to journey or expand your skills. Journey and share with others. Meet monthly to share in this beautiful, essential skill. No exp necessary. FREE Vast Wellness Center 2323 S Troy St, Ste 3-107 Aurora info@everydayshamanism.com

save the date

KUNDALINI AWAKENING SEMINAR

APRIL 28-29, 9 AM TO 5 PM



Join us on this journey into the most sacred and least understood evolution of humanity. This information and instruction, through authentic experience is given within this rare seminar. The great treasure ancient and modern mystics have spent lifetimes searching for. This is the great work of grace upon and within the human. The actual means and trajectory for human ascension. The Kundalini. Registration fee: \$300. Location: Residence Inn and Fairfield Inn & Suites, 455 Zang St., Broomfield. Contact: Mohan 720-934-1751 or nmohan.135@gmail.com; or Rosemary 952-303-6438 or rosemaryg@usinternet.com. KundaliniAwakeningSystems1.com

CO-CREATING WITH YOUR SPIRITUAL PARTNERS RETREAT

APRIL 28-29

Whether you are new to the concept of spirit guides or have an established relationship, our weekend retreat will catapult you to the next level of trust and communication. Through personalized messages and experiential exercises, you will learn to flow powerfully with your guides to bring clarity, ease, fun, and purpose to your life. \$385 all-inclusive overnight. Sunrise Ranch, Loveland. Hosted by spiritual communicators and teachers Shannon Elisabeth, PhD and Mara Holloway, MA. Info/RSVP Fun-freedom-oneness.com



2018 PARANORMAL SUPERNATURAL CONFERENCE

Saturday, May 5 from 9am - 5:30pm;

Sunday, May 6 from 9am - 12:30pm



Meet a host of seasoned, expert presenters encompassing the paranormal-supernatural spectrum. The goal is to provide excellence in high-value hard-boiled information to those who wish to know more about themselves and about strange life phenomena. Open to the public. Seating is limited! Pastries, cookies, beverages avail. \$40-\$100/person. PPA Event Center 2105 Decatur St, Denver. Info Constancecoo.wixsite.com/PSC2018, or Eventbrite.com/e/paranormal-supernatural-conference-2018-tickets-37928799059 or contact J.J. Wells at awakenYourself2018@gmail.com or 720-203-6354.

EDEN ENERGY MEDICINE (EEM) ONE-YEAR PROGRAM JOIN THE EXCITING FIELD OF ENERGY MEDICINE!

STARTS IN MAY IN DENVER

The Foundations Class is a year-long program that will help you learn and practice the fundamentals of Eden Energy Medicine (EEM). Learn how to: Expand the toolbox of your own personal health and well-being; Integrate Eden Energy Medicine into your professional health care practice; Develop skills for your role as a caregiver to family and friends. 1-year program with Certificate of Completion includes 4 extended weekends and at-home supervised practice. Marie Adams is an Eden Energy Medicine Advanced Practitioner (EEM-AP), licensed Physical Therapist, certified Hypnotherapist and Energy Psychology Practitioner. CE Credits available. More information Marie@HealingChange.net or Healingchange.net/foundations-colorado



BECOME AN INTUITIVE PRACTITIONER

6-MONTH PROGRAM ~ STARTS JULY 7TH



Are you called to use your intuitive gifts in service? Get the support you need to start / enhance your own practice in this deeply transformational training. Course includes: 18 Saturday teleconferences 12-2pm thru Dec 15; 3-day on-site training retreat in Santa Fe, NM refining techniques explored in the tele-classes and featuring equine support, and 4 X 2hr one-one sessions for individualized support. For more information, contact Chantal Fidanza, Certified Light Journey Guide, and Intuitive Healer at 505-438-1074, info@YourDivineLight.biz or see YourDivineLight.biz

8TH ANNUAL VEGFEST COLORADO

SAT, JULY 28, 10 am - 6 pm & SUN, JULY 29 10 am - 5 pm

The 8th annual VegFest Colorado (VFC), a health and environmental fair, takes place July 28-29, at their new location at the 1st Bank Center, 11450 Broomfield Lane in Broomfield. VFC offers two days of family-friendly activities including speakers, cooking demonstrations by nationally acclaimed chefs and cookbook authors, food sampling, exhibitors, food trucks, movies, activities for children and more. Learn from renowned luminaries about health, diet, environmental and animal rights issues, and the advantages of embracing a compassionate, cruelty-free, plant-based lifestyle. Vegfestcolorado.org



FOR SALE: 2007 CHEVY IMPALA SUPER SPORT

Pampered and Pristine, One-Owner car in perfect showroom condition and has ALL the options! Garage-kept and painstakingly maintained with All Records. SS PACKAGE: Bose 6-disc, 8-spkr, MP3; Pwr Sunroof; Leather, htd, pwr Seats; 18" Polished Aluminum Wheels, Perfect Silverstone Metallic Paint. Non-smoker, no pets, no smells. Excellent FireHawk Wide Ovals. **\$9,998 OBO.** Contact Doug@MileHighNaturalAwakenings.com



classifieds

BUSINESS OPPORTUNITIES

Looking for a way to bring in extra money but don't want to get "another job"? Need something flexible to fit it into your life? What if you could transform your health and your wealth in the next 90 days by partnering with us? What if you could work a handful of hours each week and bring in a nice side income? We are looking for people who want the above and want to make a difference in the world while having FUN! WHAT IF YOU COULD? Please call for more info @ 303.903.8248

HEALTHY PRODUCTS/SERVICES

Relieve Pain Without Drugs! Free Demo! Pulsed Electromagnetic Field Therapy has been featured on the Dr. Oz show as "changing the practice of medicine." Come see how much relief you could experience after a 30-min session on the Magna Charger Pro in our Certified Pain Center of the Pulse Centers of America. Call Jean Birdsall today to feel the difference. 303-241-8516 or Alternativeworldwidehealth.com

Remove Toxic Amalgam (Silver) Fillings: Denver's first holistic, naturopathic dentist offers mercury free AND mercury safe amalgam (silver filling) removal. *Financing available. 20% off new patient exam and x-rays when you mention Natural Awakenings.* SOUTH LAKEWOOD DENTAL, Scott Stewart, DDS & Naturopathic Physician, 2525 S Wadsworth Blvd, Ste 11, Lakewood, 303-988-4338.

\$30 Off Initial Healing Session: Reiki, vibrational healing & intuitive reading. In person or phone. 700 E. Ninth Ave., Suite 9, Denver. JoAnne Palladino, Reiki Master-Teacher, Channel & Intuitive. 303-263-0679 or joanne@joannepalladino.com

Allergy Testing for Foods and Supplements: Using FDA registered Biofeedback testing. 160+ foods tested with immediate color results. See what foods and/or supplements may be causing you bloating, gas, fatigue, brain fog etc. \$185. Call Trish Watson, CNC 303-257-0058 ThePhysicsOfHealth.com

JOBS AVAILABLE

Earn Extra Spending \$\$ as a Distribution Driver for Metro Denver Area: *Natural Awakenings* is looking for a reliable, conscientious, honest delivery driver with a good driving record and car, who lives **in the area.** Must have own insurance; basic ability to work with Excel/email; be available for a day or three between the 25th-1st; ability to take on side jobs for extra \$\$ on same route. No phone calls please. Email Doug@MileHighNaturalAwakenings.com with your qualifications.

WED APR 18

"Natural Energy Orgasm" Phenomenon of Tantra– 7-9:30pm. An orgasmic experience which in non-genital, explosive, enlivening \$35 Osho Leela 1025 Rosewood Ave # 106 Boulder Judith Anne Condon journestotantricbliss@gmail.com

Golden Shamanic Journey Circle–6:30-8:30pm. Learn to journey or expand your skills. Journey and share with others. Meet monthly to share in this beautiful, essential skill. No exp necessary. FREE Jefferson Unitarian Church 14350 W 32nd Ave Golden info@everydayshamanism.com

THURS APR 19

Homemade Green Cleaning with Aromatherapist-Evie™–6:30-9pm. Are your "natural" cleaning products truly safe? Rest easy! Make your own powerful essential oil infused Lemon/Lime all-purpose cleaner + Lavender/Eucalyptus carpet deodorizer + Cedarwood cotton ball closet cleaner. \$65 River North Workshop 3040 Blake St, Unit 131, Denver RSVP dabble.co/rc/evieyang5

Guided Sitting Meditation: Pain is Inevitable; Suffering is Optional–6-7pm. A guided sitting meditation focuses the gifts of nature and mindfulness as we explore meditations designed to soothe and sustain us in times of struggle. \$18/\$15member. Register botanicgardens.org

Shmaya Gathering w/JoAnne Palladino– 7-8:30pm. Experience Shmaya, an illumined, channeled presence that attunes you to the love and light within. \$20. Discover Your Spiritual Gifts, 5808 S. Rapp St., Ste 275, Littleton. RSVP 303-263-0679 or joanne@joannepalladino.com

FRI APR 20

Sacred Drumming Circle, Sound Celebration & Meditation–7-9pm. Appreciation, celebration, and release using Sound, Breath, Mindfulness and Meditation. Bring snack to share and other instruments. Suggested \$10. Journeys For Conscious Living, 7401 West 59th, Arvada. 303-731-6695. J4CL.com

SAT APR 21

Edible Wild Foods Gourmet: Identification, Harvesting and Use of Wild Plants for Delicious, Nutritious Dishes–9am–Noon. Explore the fascinating world of wild edibles. Begin with an herb walk to identify local, wild edibles. Back in the kitchen we prepare a delicious meal using common wild plants. \$55/\$50 member. Register botanicgardens.org

29th Mountain Area Earth Day Fair–10am-3pm Federal, state, and local agencies, nonprofit organizations and businesses; Up-to-date information on critical issues; Kids' activities and hands-on demonstrations are available throughout the venue; live raptors. Free Evergreen Lake House 29614 Upper Bear Creek Rd Evergreen Betsy Kelson 720-219-7165, evergreeneearthday@gmail.com or evergreenaudubon.org

Essential Oils for Vitality–2-4 pm. Explore the healing secrets of essential oils to support you on the inside as well as the outside. \$46/\$41member. Register botanicgardens.org

WED APR 25

Shmaya Gathering w/JoAnne Palladino– 7-8:30pm. Experience Shmaya, an illumined, channeled presence that attunes you to the love and light within. \$20. 700 E. Ninth Ave., Ste 9, Denver. 303-263-0679 or joanne@joannepalladino.com

FRI APR 27

\$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 BoulderPsychicInstitute.org

SAT APR 28

Invitation to Ikebana: Contemporary–2-4pm. Ikebana is an expression of our respect and appreciation towards nature. We observe life through the arrangement of plants. Get hands-on instruction to put together an arrangement to take home. \$44/\$39 member. Register botanicgardens.org

\$25 Pet Readings–11am. Improve your relationship with your companion animal! Clarify relational dynamics and negotiate issues. All species welcome. Via phone. Schedule online. Boulderpsychicinstitute.org

World Tai Chi & Qigong Day Celebration– 9:30am-Noon. 20th annual global celebration of Chi Cultivation for Health and Prosperity. Bring family and friends to build powerful Chi Wave with Qigong Movement! Dress casually/comfortably. Free, bring healthy snack to share. Debra Lin Allen 720-427-0406, DebraLin.ChiWellness@gmail.com, ChiWellness.net

SUN APR 29

Journey Theater–10am-6pm. Also on 7/1. A specially chosen film, with guided meditation, music, tarot, and your inner teacher's urgings. Unique among self-explorative experience, retains lightness as deep work is being done. \$95 first time/\$85 repeats. Boulder. Info BJ Brown 303-808-4006 or Wolfheals.com

MON APR 30

We Are Change Open Mic Night–6-10pm. Share the power of our local grassroots activist community at an evening of food, music, interviews, headlines, poetry and dancing. Visit wearechangecolorado.com for details

on going events

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

mondays

Kundalini Yoga—6-7:30pm. Kundalini yoga focuses on awakening energy and unlocking inner potential through breathing techniques, movements, stretching, meditation and mantra. \$10/\$8 member. Drop-in or register botanicgardens.org

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

tuesdays

Sunrise Vinyasa Yoga—7:30-8:30am Tues & Thurs. Start your day with breath-linking movements to stretch, build strength and cultivate calm. \$10/\$8 member. Drop-in or register botanicgardens.org

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 grad students. Enjoy an advanced skill set and ask questions about relationships, career, health, and more! Schedule BoulderPsychicInstitute.org

wednesdays

Lavender-Eucalyptus-Peppermint "Spring Rescue" Inhaler Party—5-7pm. Need help with Spring air effecting you? Fast, easy to make, convenient (pocket size). Promotes easy breathing, supports dripping and plugged up nose, boosts immune system. Chk other dates/times offered. \$20 incl drinks/snacks. Littleton. RSVP Evie Yang 858-922-2964 or aromatherapistevie@gmail.com

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

Evening Vinyasa Yoga—6-7pm. The postures practiced in this challenging class promote alignment, flexibility, focus, endurance and help detoxify the body. \$10/\$8member. Drop-in or register botanicgardens.org

thursdays

\$60 Home & Business Healings—7-8:30pm. Got ghosts? Sleepless nights? Consistent household/business conflict? These are great in times of transition! In Boulder or phone. Schedule Boulderpsychicinstitute.org

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

FREE Aura and Chakra Healings—Drop-In betw/ 6-7pm. Receive 10 min cleanse and release negative thoughts, emotions, pain and fear. Get replenished with positive energy and feel great. BoulderPsychicInstitute.org

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.org

saturdays

Qigong Movement—1-2:30pm. Meditative "Stillness within Movement" in this fun group experience increases flexibility, strength, endurance, mental focus and calm. Suitable for folks healing from physical considerations. \$20 drop-in or \$90/6 classes. Chi Wellness, Denver. Debra Lin Allen 720-427-0406

Tai Chi Foundations + Push Hands—2:45-4pm. Develop true internal yin-yang sensitivity and serenity, in these fun, dynamic chi-cultivation classes in Yang 24 Taiji and playful Push Hands! \$20 drop-in or \$90/6 classes. Chi Wellness, Denver. Debra Lin Allen 720-427-0406

Citrus Rosemary Sugar Scrub Party—3-5pm. Oh So Soft Skin—finally—after creating this! Get my secret recipe and make with your friends. Bonus! Invaluable tips on essential oils from a Certified Aromatherapist. Chk other dates/times offered. \$20 incl drinks/snacks. Littleton. RSVP Evie Yang 858-922-2964 or aromatherapistevie@gmail.com

looking ahead 2018

MAY 5 & 6

2018 Paranormal Supernatural Conference—Meet a host of seasoned, expert presenters encompassing the paranormal-supernatural spectrum. The goal is to provide excellence in high-value hard-boiled information to those who wish to know more about themselves and about strange life phenomena. Open to the public. Seating is limited! Pastries, cookies, beverages avail. \$40-\$100/person. PPA Event Center 2105 Decatur St, Denver. Info Constancecoo.wixsite.com/PSC2018, or Eventbrite.com/e/paranormal-supernatural-conference-2018-tickets-37928799059 or contact J.J. Wells at awakenYourself2018@gmail.com or 720-203-6354

MAY 16 - 20

Gathering for Humanity 5 Day Retreat Conference - A powerful conference for unity and awakening at this pivotal moment on Earth. Join indigenous elders and other spiritual voices in guidance, blessings, sacred ceremony and higher wisdom. Experience the transformational energies of the Santa Fe area. A mandate of Spirit through universal healer Mayan Grandmother Flordemayo, the Gathering is an urgent calling to all of humanity committed to increasing the light and coherence on the planet. Tickets, Registration and schedule at GatheringforHumanity.org. The Chi Center, 40 Camino Vista Clara Lamy, New Mexico 87540.

SAT MAY 19

Holistic Healing and Psychic/Intuitive Fair—11am-5pm. Exciting fair w/variety of complimentary healing modalities such as massage, shamanic, reiki, sound healing, healing touch, and more. Readers: angel, tarot, intuitive, astrological and vendors: crystals, jewelry, oils, arts, and more. Pricing varies. Journeys For Conscious Living, 7401 West 59th, Arvada. 303-731-6695. J4CL.com

Pet Energy Healings—12-3pm. Whether your pet is healthy or ill, a pet energy healing has many benefits for both the pet and its owner; strengthen the bond, removes energetic blocks, release pain or discomfort. Bring your pet or photo. \$20/pet. By Appt. Journey Within 777 S Wadsworth Blvd Bldg 2 #108, Lakewood. Anita Destino, 720-413-7303, journeywithin@hotmail.com

MAY 27-JUNE 1

Tibetan Healing Movement Retreat—Learn traditional Tibetan Buddhist methods to release blocks & open the subtle body channels. Boost self-healing, calm mind & develop your energy. Includes Lu Jong, Tsa Lung & Tog Chöd. \$885. Shambhala Mountain. Tibetanhealingmovement.com/thm-retreat-1

MAY 31- JUNE 3

The Beauty Way Urban Retreat—Explore a shamanic approach to creative expression, with Soul inquiry and desire to draw us closer to our inner clarity which longs to be seen, heard and expressed. Highlights: Guided meditation; Walk about; Creative expression as a spiritual practice; Soulful collage; Solitude and Connection. No prereqs nec. Boulder. Info BJ Brown 303-808-4006 Wolfheals.com

JUNE 2 & 3

Basic Animal Reiki Certification—Experience the world from the animal's perspective. Attendees will learn Reiki practices, emotions, physiology, and psychology. Animal lovers, incl rescue personnel, holistic practitioners and owners will find useful. In Lakewood. Reg req'd at mishamayfoundation@gmail.com

TUES JUNE 12

Japanese Practice of Self-Reflection at Denver Botanic Gardens—6-8pm. Explore Naikan, the Japanese practice of "looking inside." Experience self-reflection practice, sit in Japanese Garden and deepen our connection w/world. \$18/\$15 member. Register botanicgardens.org

SUN JULY 1

Journey Theater—10am-6pm. A specially chosen film, with guided meditation, music, tarot, and your inner teacher's urgings. Unique among self-explorative experience, retains lightness as deep work is being done. \$95 first time/\$85 repeats. Boulder. Info BJ Brown 303-808-4006 or Wolfheals.com

SEPT 14-16

Walking A Path of Wholeness: A Weekend of SoulCollage® and Journal to the Self®—A journey into wholeness supported by collage, guided writes, poetry, SoulCollage readings, labyrinth walks, ritual and time to create and express. Meals/materials incl \$450 before 6/1; \$500 after. Franciscan Retreat Center 7740 Deer Hill Grove, Colorado Springs. Carolyn Jennings, Journal to the Self® facilitator and Laura Lyon, SoulCollage® facilitator 720-289-0896 CJennings@WritingOurWings.com WritingOurWings.com