

## NEW! AROMATHERAPY

### KIM FARRINGTON, HHP, CCAP

Root Wellness Studio, 2247 Federal Blvd. Denver  
720.810.7714 / Kim@kimfarringtonccap.com  
KimFarringtonccap.com

Aromatherapy provides natural solutions for common health concerns. Essential oils can increase emotional balance and well-being, and contribute to better overall health. Aromatherapy supports the structures and functions of the body, like the brain, heart, muscles and joints and respiratory and digestive systems. See how to incorporate Aromatherapy into any lifestyle, for real benefits. Book an appointment today. Book an appointment for 25% off an initial session.



## AUTOMOTIVE CARE

Two Locations!

### HINSDALE AUTOMOTIVE

15455 E Hinsdale Dr., Centennial  
303-617-0152 / HinsdaleAuto.com

### DC AUTO in Morrison

303-801-1959 / DCAutoshop.com



**Professional Mechanics, Not Professional Prices!** Owner Darrell Weddell's motto is to take care of your problem, educate you to make an informed decision, and to advise on future repairs and maintenance. Whether it's major or minor issues, your electrical system, or a combination of mechanical problems, Darrell's team has the experience and know-how to diagnose and accurately repair your vehicle.

## CHI HEALING / QIGONG CLASSES

### CHI WELLNESS, THE CENTER OF QIGONG

Debra Lin Allen, Founder/Director  
720-427-0406

DebraLin.ChiWellness@gmail.com  
ChiWellness.net

Thrive in balance and flexibility in body and life, physical vigor and health, spontaneity and inner peace through chi cultivation, care and practice with Debra Lin Allen. Medical Qigong and Qigong Lifestyle Coaching by appointment. Group qigong self-care classes throughout the week. Professional certification programs to teach qigong and do medical qigong therapy also available. The best of health and prosperity await you, call today! See ad page 18.



## COACHING

### LOVEWISE COACHING & CRANIOSACRAL THERAPY

Erin Celeste  
303-915-5274/Erin@lovewisecoaching.com  
Lovewisecoaching.com

Reduce feelings of overwhelm, anxiety and panic; find natural relief for headaches, migraines, TMJ issues or concussions; receive support for autoimmune disorders or chronic fatigue; change the way your state of health is limiting your life potential and personal growth. Supercharge your WHOLE self; body, mind and spirit with a tailored approach to health and healing using coaching and craniosacral therapy.



## CONSCIOUS EVENTS AND SPEAKERS

### JOURNEYS FOR CONSCIOUS LIVING

7401 West 59th Ave., Arvada  
303-731-6695 / J4CL.com



JOURNEYS FOR CONSCIOUS LIVING

Discover a life of passion, purpose and contribution. Journeys for Conscious Living is an organization leading the world in conscious living, hosting world class events, speakers and event center (space rental) to empower people to create thoughtful changes in living their lives every day, thus creating the space and energy to stay centered and expand the community. See ad page 23.

## COUNSELING

### RENEE ELLIS, MA LPCC RMT

Counseling for Women, IFS Therapy, Past Life Therapy, Energy Healing, Classes  
1211 S Parker Road, Suite 103, Denver  
720-984-9575 / Liveyourknowing.com

Are you struggling with grief, relationship challenges, depression, anxiety or self-doubt? Are you feeling stuck in old patterns or confused on your path? Discover clarity and purpose, reveal your unique wisdom, gain confidence and experience sensitivity as strength. Live Your Knowing Counseling helps you gracefully bring wisdom to life through a unique blend of counseling and healing approaches including Internal Family Systems (IFS) Therapy, Past Life Therapy, Reiki, Metamorphosis and Bach Flower Essences. Experience the benefits of traditional counseling while openly and actively acknowledging the role of intuition and the soul's journey in achieving wellbeing. Get started today with a phone or in-person complimentary consultation.



## 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 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

**SHEN-U.com:** Self Empowered Healing; Own Your Power; Love Yourself; Be One with Source. Visit [www.SHEN-U.com](http://www.SHEN-U.com)

**\$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

### JOBS AVAILABLE

**Earn Extra Spending \$\$ as a Distribution Driver for METRO DENVER & GOLDEN/LAKEWOOD Areas:** *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 25<sup>th</sup>-1<sup>st</sup>; ability to take on side jobs for extra \$\$ on same route. No phone calls please. Email [Doug@MileHighNaturalAwakenings.com](mailto:Doug@MileHighNaturalAwakenings.com) with your qualifications.

Do you have what it takes to be a *Natural Awakenings* publisher?



The San Diego edition of *Natural Awakenings* is for sale. This is a meaningful home-based business opportunity. No previous publishing experience is required. Extensive training & ongoing support is provided.

Learn more today!

760.436.2343

[publisher@na-sd.com](mailto:publisher@na-sd.com)

## DENTIST

### VIBRANCE DENTISTRY

Dr. Cate Vieregger  
7400 E Crestline Circle, Ste 230,  
Greenwood Village  
303-770-1116 / VibranceDentistry.com



Whether your goal is to encourage a healthy attitude towards oral health in your children or ease your own anxiety about dental procedures, our friendly staff and relaxing atmosphere will change the way you approach dental care. Our state-of-the-art equipment and spa-like amenities allow us to offer services that transcend traditional dentistry and promote whole-body wellness. See ad page 19.

## ENERGY HEALING/ MEDITATION

### JOURNEY WITHIN

Anita Destino  
777 S Wadsworth Blvd. Bldg 2-108, Lakewood  
720-413-7303 / AnitaDestino.com

A safe place for people interested in creating change in their lives, Journey Within helps you focus on spiritual growth, developing your intuition and personal development. Give to yourself with Energy Healings, Angel Healings, Guided Meditations, Meditation Classes, Workshops and Intuitive Readings/Healings. Join us for Aura Clearing and Chakra Balancing every Wednesday from 6-7 pm, open to everyone. \$5 per person. Free to first time visitors. See ad page 9.



## EVENT CENTER & MEETING ROOMS

### JOURNEYS FOR CONSCIOUS LIVING

7401 West 59th Ave., Arvada  
303-731-6695 / J4CL.com



JOURNEYS FOR  
CONSCIOUS LIVING

Discover a life of passion, purpose and contribution. Journeys for Conscious Living is an organization leading the world in conscious living, hosting world class events, speakers, and gatherings, and offering an event center (space rental) to empower people to create and express thoughtful changes in living their lives every day, thus creating the space and energy to stay centered and expand community. See ad page 23.

## FAMILY PRACTICE/ HEALTHY AGING

### CLEAR SKY MEDICAL

Katia Meier, MD  
9085 E Mineral Circle, #260, Centennial  
303-790-7860 / ClearSkyMedical.com



Feel and look your best at any age with Katia Meier, MD, Board Certified in Anti-Aging Medicine, Specialty trained in Bio-Identical Hormone Therapy, Holistic and Naturopathic medicine in Europe and certified in laser and injectable aesthetic dermatology. Specializing in whole body health with customized approaches. All ages; most insurance welcome. Set up your appointment today. See ad page 2.

## HEALING

### JOANNE PALLADINO

Intuitive - Channel - Reiki Master-Teacher  
2055 S. Oneida St., Suite 330, Denver  
JoAnne@JoAnnePalladino.com  
303-263-0679 / JoAnnePalladino.com

NEW CLIENT Specials; FREE Activations to Awaken. Your session will touch all aspects of your being. 1. A meaningful intuitive reading helps expand perspectives; 2. Shmaya, a channeled vibrational light language, attunes you to a love frequency; 3. Reiki healing to dissolve energetic blockages; 4. Life changing guidance that will shift 'old patterns' that no longer serve you. In-person or by phone.



## INTEGRATIVE CARE



**CLEAR SKY MEDICAL** with Dr. Katia Meier. Board Certified in Anti-Aging Medicine and specialty trained in Bio-Identical Hormone Therapy and Functional Medicine. See full listing under PHYSICAN or see ad page 2.

## LIFE COACH

### HEALTH CONSCIOUSNESS LLC

Lizzy Sinatra  
In-person sessions in Arvada and remotely via Skype  
203-675-2118 / Lizzy@healthconsciousness.org  
Healthconsciousness.org

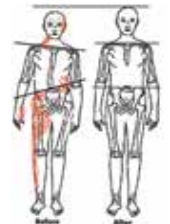


Rediscover your inner guru with contemporary coaching techniques combining life-changing, ancient practices of meditation, kriya yoga and Ayurveda. Join Lizzy in an uplifting, safe space for you to shift into a higher vibrational state and experience a deeper, lasting connection with your true self. Learn simple yet powerful practices to incorporate into your daily life. Personalized sessions and results are experienced immediately. Say "yes" to your strength, grace and power. It's time!

## NO-PAIN OPTIMAL ALIGNMENT

### NEUROENERGETIC RELEASE™ (NER)

Donald W. Kipp, Founder  
303-697-4923  
Body-awareness.com



**NER helps people be Healthier, Decrease Pain, and Increase Peak-Performance...In Seconds!** Control systems, not force are used to painlessly and quickly realign and rebalance the entire body. This releases whole-being patterns causing seemingly unrelated symptoms (such as back pain, headaches, indigestion, brain-fog and asthma). NER predicts and prevents injuries, degenerative changes, and dis-ease. Call now for optimal health and performance.

## NUTRITIONAL COUNSELING



**CLEAR SKY MEDICAL** with Dr. Katia Meier and staff offer Certified Nutrition therapists, specializing in the food-brain connection, nutrition for cancer prevention, autoimmune diseases, food sensitivities/allergies, elimination diets and medically supervised weight loss.. See full listing under PHYSICAN or see ad page 2.

Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.

~Margaret Mead

**PHYSICIAN: BOARD CERTIFIED HOLISTIC**

**CLEAR SKY MEDICAL**

Dr. Katia Meier  
9085 E Mineral Circle, #260, Centennial  
303-790-7860 / ClearSkyMedical.com



Feel and look your best with Dr Katia Meier, Board Certified Holistic MD specializing in whole body health for children and adults. Customized approaches to Healthy Aging, Bio-identical Hormone Replacement Therapy, Nutritional Analysis and therapy, medical aesthetics and non-surgical rejuvenation treatments, Homeopathy, Herbology, Naturopathic Medicine, Personalized Detoxification Program, Medical Weight Loss for men and women. Make your appointment today. See ad page 2.

**REIKI**

**PEACE BRIDGE REIKI**

Michel Barta, M.Ed. Reiki Master Teacher  
Two locations! 2030 E 11th Ave, #902, Denver  
5277 Manhattan Cir #250, Boulder  
720-722-3545 / peacebridgereiki@gmail.com  
PeaceBridgeReiki.com



Experience deep relaxation and inner peace with Reiki, a stress reduction technique allowing your body, mind and spirit to get back into balance for healing. If you are coping with work-related stress, life transitions or feel like you need to reset to feel clear again, Michel offers in-person and remote sessions from Downtown Denver and Boulder, and brings onsite Reiki to employees through Workplace Reiki. Give yourself a break and schedule a session today.

**SUNRISE REIKI COLORADO**

Jeff Baird, USUI Holy Fire II Reiki Master Teacher  
Based in Evergreen In-Person & Remote Healings  
720-250-8107  
jeff@sunrisereikicolorado.com  
Sunrisereikicolorado.com

Reiki heals both humans and animals physically, mentally, emotionally and spiritually. Baird's gentle leading approach changes lives as his loyal customers rediscover their wellness. Jeff has helped people and animals heal from Cancer, Fibromyalgia, PTSD, Insomnia, Migraines, Depression, Retinitis Pigmentosa, broken bones, sprains, spinal issues, allergies, nightmares, flu, chronic pain, dental issues, panic attacks, kidney stones, diabetes and more. He has helped individuals and teams achieve their professional as well as their personal goals for over 30 years. His corporate wellness program reduces stress, while improving focus, morale and efficiency. Got Pain? Try Reiki.



**TANTRA & INTIMACY**

**JUDITH ANNE CONDON**

Conscious Relationship/Tantra Coach  
1025 Rosewood Ave, Ste 106, Boulder  
303-630-9479  
JudithAnneCondon.com



I am dedicated to Conscious Relationship & Tantra. Tantra. It's a path of meditation...what sets it apart from other 'paths' is that it looks to the wisdom of the body & the senses as a means to becoming more present & alive in every aspect of our lives. Our bodies have a deep wisdom that modern life often ignores. Sessions include bioenergetics, breathe practices, meditation & more. There is no nudity or sexual contact. Individuals & couples may explore issues such as Tantric Lovemaking & Spirituality; Tools for Initiating & Deepening Intimacy; Support in the Awakening Process; Men, Women's & Teens Empowerment.

**SHAMANIC SERVICES**

**WOLFHEALS SHAMANIC SERVICES**

BJ Brown, MSW, CIBP  
Shamanic Practitioner & Teacher  
Boulder 303-808-4006  
Wolfheals.com



Shamanism is known to benefit dis-ease on any level while deepening a sense of wholeness. This ancient spirituality and methodology, found in all cultures, works directly with the compassionate Spirit realms and Earth wisdom. BJ offers Body-Centered Psychotherapy, classes, house clearing, ceremonies, and various shamanic methods (Soul and Power Animal Retrievals, Extraction, etc). Remote shamanic healing is free. See website for events and offerings. This sacred work can restore connection with self, soul and spiritual autonomy.

**Tell'em You Saw It In  
Natural Awakenings!**



*Coming Next Month*

**Mental & Emotional Well-Being**

**Plus:  
Healthy Vision**



**WOMEN'S  
HEALTH ISSUE**



**natural  
awakenings**

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