

NEW! 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!

MESSAGES FROM SPIRIT

ELISA MALANGONE

720-372-3927 / Elisalnsight.com



Searching for passion and insight to your life purpose? Connect to your unique insight and higher soul perspective for guidance concerning healing from grief and loss, health, career, relationships, finances, and other matters of the heart. Elisa combines authentic mediumship abilities and intuitive coaching by connecting to spiritual guidance to assist you in tapping into your higher wisdom and best self. Live, phone or virtual readings & events. Call or see website for more details. See ad, page 23.

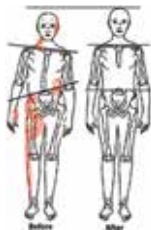
NO-PAIN OPTIMAL ALIGNMENT

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.



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

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/CONSCIOUS COACHING

SELAH | HOLISTIC WELLNESS

Andrea Martin, CYT, Certified Intuitive Dao Tantric Healing Artist, Conscious Lifestyle/Relationship Coach
2346 Broadway, Boulder
720-441-4088 / selahcolorado@gmail.com
PracticeSelah.com



Complement your body's natural ability to self-heal, balance, and evolve with Selah, a Tantric Healing Arts, Yoga, and Conscious Lifestyle & Relationship Coaching practice. Tantric Bodywork for individuals

& couples combines sensory massage, energy circulation, breathwork, engagement techniques, and mild yoga postures to re-sensitize your being. Conscious Coaching guides you into deeper congruence with your authentic self. YogaHikes™ invite you to hike into your practice on epic trails. Allow us to guide you into the modality that will best serve you. See ad page 13.

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 bio-energetics, 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.



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 21.



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



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.



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 10.

ENERGY HEALING

AZURE HOLISTIC

Linda Anderson
Email/Call for Appointment
866-255-0580 / linda@azureholistic.com
Azureholistic.com

Restore and support your body's own self-healing processes with hands-on energy healing. Sessions consist of gentle yet powerful vital healing energy, with subtle and nurturing effects, yet more powerful than Reiki, as the body's healing abilities are put in motion and accelerated for more rapid recovery. Linda is also a Yoga and Ayurveda Wellness Consultant and has a bachelor's degree in Natural Health.



The best way to find out
if you can trust somebody
is to trust them.

~Ernest Hemingway



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 15.

EVENT CENTER & MEETING ROOMS

JOURNEYS FOR CONSCIOUS LIVING

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

Discover a life of passion, purpose and contribution.

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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.

GRIEF RECOVERY

THE HEALING HEART CENTER OF LITTLETON

Certified Grief Recovery Specialists
Laurie 720-841-4137 or Lorane 970-903-5889
Healingheartcenteroflittleton.com



Broken Heart? Time Isn't Healing? Support Groups Not Helping? It's time for Recovery. Join us for a 7-week Recovery Method Class or Private Session that Leads You Back to Joy.

Depression Happens in Isolation. Recovery Happens in Community. Reserve your space today. The Grief Ladies are Certified Grief Recovery Specialists in the Grief Recovery Method. Contact Laurie, ljfreemanllc@gmail.com or Lorane, wilsonlorane2017@gmail.com.

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.



Smile, it is the key that fits the lock of everybody's heart.
~Anthony J. D'Angelo

MARCH

Coming Next Month

Nutrition Upgrades

Plus:
Managing Allergies



NATURAL
FOOD ISSUE



natural
awakenings

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