

EMPOWERED HEALING

PAULA ROBBINS

6500 S Quebec St, Centennial
303-921-1473
Paula@SunriseHypnotherapy.com
PaulaRobbins.com



Achieve greater vitality of the body, greater light in the soul and greater clarity of the mind with help from Paula Robbins. Transpersonal hypnotherapy, intuitive counseling, nutritional consultations and a great line of natural products and to assist you in finding the perfect balance of body, mind and spirit health. Call Paula today to set up your initial consultation and get your wellness on!

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.

ENERGY MEDICINE

HEALING CHANGE

Marie Adams EEM-AP, CHT, PT
Littleton office: 679 W Littleton Blvd. #205
Denver office: 1776 S Jackson St. #1004
303-668-0299 Healingchange.net

Increase Joy, Health and Vitality with individual sessions and classes in Eden Energy Medicine! EEM creates healing at all of your being by balancing nine different energy systems in your body and energy field. Marie has been a professional therapist for over 26 years and is an empathetic listener as well as caring, non-judgmental and supportive. All sessions are completely confidential, and performed in a safe and trusting environment. Free 30-minute phone or Skype consultation available.



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

JoAnne@JoAnnePalladino.com
303-263-0679
JoAnnePalladino.com

FREE MEDITATIONS! Receive free audio meditations and/or blessings each month when you sign up. Shop handmade, one-of-a-kind mala beads and bracelets, forgiveness practice beads, sacred essential oils such as "Christ Scent," "Love" and more. A meaningful intuitive reading helps expand perspective; Shmaya, a channeled vibrational language of light presence, attunes you to a love frequency; Reiki energy healing dissolves blocks. In-person or by phone. In Denver. Info/RSVP JoAnne@JoAnnePalladino.com



HOLISTIC HEALTH COACHING

JADE GREEN TNC

303-882-1745 / decreasedivision@gmail.com
TheBarefootHealthCoach.com



As an enlightened mama, you will powerfully nourish yourself and your family to whole health; I'm just your guide. Become empowered and confident as a mother, cultivating your instincts, with quick and guiltless self-care tips that support inner and outer well-being. Inner wellness brings a confidence you're following your call to be who you came here to be. Healthy life goes far deeper than eating and exercising; it starts with nurturing, inner care at the core of the woman.

HYPNOTHERAPY

HEART CENTERED HYPNOTHERAPY & COACHING

Colleen Keegan
Boulder / 808-224-6164
Colleen@colleenkeegan.com



Would you like to lead from a fearless heart? Feelings buried alive never die. I will help you access those feelings for release and transformation. Enjoy enhanced work performance, more satisfying relationships, a healthier body, sleep better and gain more peace and balance in your life. Colleen is a highly skilled Certified Transpersonal Hypnotherapist, NLP & EMDR Practitioner, Energy Healer and Wellness Coach. Call Colleen for a FREE Consultation. Also offering Self-Hypnosis classes and Women's Meditation groups.

SEEDS OF SATYA

Kari L. Rivers Geurts BSN, CHT
Depth Hypnosis Practitioner
303-489-3068 / kari@seedsofsatya.com
Seedsofsatya.com

At Seeds of Satya you are the healer willing to go into the heavier spaces of consciousness that need to be energetically transmuted, opening you to receive esoteric truths that release you into a new way of being and coping. Kari guides you to plant seeds of truth using Regression Therapy, Energy Medicine and Shamanic Counseling. Whether you are navigating trauma, life transitions, or spiritual growth, Seeds of Satya is here to help you come into greater harmony and peace.



Learn to Speak the Language of Your Dog

Lorraine May, Executive Director
mishamayfoundation@gmail.com
MishaMayFoundation.org

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.

BIOPHOTON THERAPY

BIOPHOTON COLORADO

Irina Gilligan
970-581-5864
biophotoncolorado@gmail.com
Biophotoncolorado.com

A safe, non-invasive therapy which benefits adults, children and animals with a wide range of health issues. Every cell has its own light emissions called biophotons. A biofeedback device checks the quality of light your cells emit, finding and removing disturbances on the energetic body, addressing the cause at root level, balancing organs and activating self-healing. If you have health concerns and have tried conventional medicine without much success, Biophoton Therapy may be the answer for you.



CHRONIC PAIN/ILLNESS RELIEF

HEARTLAND WELLNESS LLC

Dr. Sujatha Reddy, BAMS MEd LPC DCC
Professional Counselor, Coach and Ayurvedic practitioner
12157 W Cedar Dr, Ste 200, Lakewood
303-325-5617 / Heartlandwellness@gmail.com
Bewellmindbodyspirit.com

Are you suffering with chronic pain including digestive issues and skin conditions, and have been to the doctor but nothing has changed? Try Ayurveda, a 5000-year old health science from India that can help you feel strong and empowered, sleep like a baby and release anxiety, stress and depression. Modalities include, food, lifestyle/daily routine, herbal formulas, cleansing/detox procedures, breathing exercises, as well as yoga and meditation types for your constitution. Free 15 minute phone consultation.



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 18.



JOURNEYS FOR CONSCIOUS LIVING

COUNSELING

NEW! JUDITH ANNE CONDON

Conscious Relationship/Tantra Coach
In Boulder or worldwide via
Skype/Facetime/phone/email
Judithannecondon.com



Singles: You have reached a point in your life where you are no longer willing to settle for mediocre connections in relationship. Receive support. Have the fulfilling depth of dating, connection and relationship you've been longing for. **Couples:** You know there is more. Reinvest in your partnership. Reawaken your passion, Reconnect to your partner. Acquire new skills. Experience joy. Schedule Individual & Couples Sessions, Monthly Gatherings, 3 Days of Tantra Weekend Retreats at www.judithannecondon.com

RENEE ELLIS, MA LPCC RMT

Psychotherapy, Intuitive-Focused Counseling, Past Life Therapy, Energy Healing, Classes
1211 S Parker Road, Suite 103, Denver
720-984-9575 / Liveyourknowing.com

Live your knowing counseling helps you gracefully bring wisdom to life. Find your way through grief and loss, discover your path and purpose, resolve relationship challenges, ease depression and anxiety, befriend intuition, thrive as a highly sensitive person, and enjoy personal and spiritual growth. Experience a unique blend of traditional psychotherapy, intuitive-focused counseling and support, past life therapy without hypnosis, energy healing and personalized Bach Flower Essence formulas. Individual sessions, programs, and classes in a relaxing, supportive and non-judgmental setting. Gain clarity, confidence and more joyful life. Get started today with a phone or in-person complimentary consultation.



DENTIST

STUDIO Z DENTAL

Tom Zyvolski DDS, Jenna Nicolson DDS
818 W South Boulder Rd, Ste 100, Louisville
303-666-7110 / StudioZDental.com

Word of Mouth Matters.

We've built our practice on our patient's rave reviews and their happy referrals to loved ones. Studio Z Dental is different from those run-of-the-mill dentists. We focus on quality and treat the whole patient. With our wellness-based philosophy, leading-edge techniques and holistic, eco-friendly approach, Studio Z Dental is Boulder County's best general and cosmetic dental practice for the whole family.



SOUTH LAKEWOOD DENTAL

Scott Stewart, DDS & Naturopathic Physician
2525 S Wadsworth Blvd, Ste 11, Lakewood
303-988-4338
LakewoodLaserDentist.com



Denver's first holistic, naturopathic dentist offering mercury free AND mercury safe amalgam (silver filling) removal. Holistic-minded individuals should consider the safe removal and handling of any silver fillings. We offer a bio-compatibility test to decide which replacement material is best for you. Financing available. **20% off new patient exam and x-rays** when you mention Natural Awakenings. See ad page 22.

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 21.



INTEGRATIVE HEALTH

EAST WEST MEDICAL WELLNESS

The BEST of Both Worlds for Your HEALTHCARE
720-937-3969

Eastwestmedicalinstitute.us

Dr Hou DPOM LAC has worked in China, Europe and America for 46 years, and has been an integrative care specialist for cancer and obstinate diseases in Colorado for 17 years. Dr James Gilchrist ND is a graduate of Bastyr University in Seattle Washington. Now back in Colorado, he focuses on stimulating the body's healing processes to help clients achieve their health goals.



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.

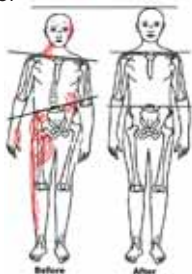
NO-PAIN OPTIMAL ALIGNMENT

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.

PERSONAL GROWTH

GOLDEN PATHWAYS

Catherine Morgan
679 W. Littleton Blvd., #204, Littleton
720-290-4902

info@goldenpathwaysllc.com

Goldenpathwaysllc.com



Angel coaching for those seeking clarity about their next step along with healing for soul-level issues. Catherine has 25 years of experience in providing the connection between angels, guides, and people. She is a highly trained expert in interpreting and reprogramming information held in a person's energy field.

PERSONAL RETREATS

INFINITE ALIGNMENT

1254 Snyder Mountain Rd., Evergreen
303-582-5828 / Infinitealignment.com



Infinite Alignment
Reclaiming Your Divine Blueprint

Relax and Rejuvenate your Mind, Body and Spirit with one of our personal Health/Well-Being or Spiritual retreats. Our retreats are designed to support you in aligning with your true inner peace and joy that will transform your life. We offer individual, small group, and couples ½ day, full day, and 3-day retreats, along with mindfulness workshops. Incorporated into your personal retreat is vibrational energy healing, breathwork, yoga, mindfulness practices, coaching, neurofeedback, therapeutic bodywork, and the great Colorado mountain outdoors! Call now to reserve your Infinite Alignment retreat!

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.



SKINCARE

NEAL'S YARD REMEDIES

Jane Wotton
Independent Founding Leader
203-733-2680

nyrorganicjane@gmail.com

us.nyrorganic.com/shop/jane

The first health and beauty brand to be awarded 100% for ethics! For 35 years we've been manufacturing award-winning skincare. We use natural and organic ingredients which are free from harmful chemicals, we never test on animals, we're dedicated to trading ethically, and we campaign for great causes to protect our planet. Start a home-based business with this iconic family-owned company. FREE website and training.



SPIRITUAL COMMUNITY

DISCOVER YOUR SPIRITUAL GIFTS

Violet Rayne
5808 S Rapp St, Suite 265, Littleton
303-257-2276

violet@discoveryyourspiritualgifts.com
Discoveryyourspiritualgifts.com



Join us for a variety of exciting classes and programs including: Angelic Reiki, Reiki, Akashic Records Reading, Crystal Healing, Crystal Grid, and many fun events including Ladies Fairy Party, Goddess Energy Workshops, Crystal Grids, and Candle Making. Violet also offers a variety of services including Coaching, Akashic Record Readings, Angelic Reiki, Crystal Reiki, and much more. We also offer several free events a year for community connection. See our pages on Meetup (Discover-Your-Spiritual-Gifts) and Facebook (discoveryyourspiritualgifts). See ad page 15.

VIDEO FOR BUSINESS OWNERS

ANTHONY C. PRICHARD

Google Business Trainer, Video Producer, YouTube Specialist
303-994-8612 / ap@anthonyprichard.com
AnthonyPrichard.com

Learn Youtube strategies to grow your business from a certified Google Partner. Show thousands of people who you are and what you do through video. Mastering The Art of the One Minute Video, Anthony provides your script, teleprompter, choice of background and musical logo/graphic intro. Your video is yours to use. **All-in-one production/publication special for Youtube, facebook, your website - \$399.**

