

ACUPUNCTURE

NEW! JASMINE PEARL ACUPUNCTURE

Leilani Houston, MSTCM, L.Ac.
8906 W Bowles Ave, Ste 110, Littleton
303-736-9117 / Lhouston80@gmail.com
Jasminepearlacupuncture.com



Leilani loves to help you find health and happiness in your life. She does this with Acupuncture, Chinese Herbal Medicine, Reiki, Theta Healing, and Dream

Interpretation. She believes that meditation is a key to a less stressful and less painful life, and is now offering meditation classes.

ACUPUNCTURE SPECIALISTS OF GOLDEN

Rhonda Marr, L.Ac.
1019 8th Street, Ste 102, Golden
720-556-5332
Acuspecialistsofgolden.com

Become pain free, reclaim your health and get your life back! Services include acupuncture, cupping, moxibustion, Chakra Balancing that incorporates acupuncture, crystals and essential oils. Additional services include Sound Healing, using Tibetan singing bowls, chimes and crystal bowls. Nutrition Response Testing, a non-invasive system of analyzing the body in order to determine the underlying causes of ill health. We also carry nutritional supplements by Standard Process, handcrafted Chinese topical herbal remedies, several brands of Chinese herbal formulas.



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.

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 13.



JOURNEYS FOR CONSCIOUS LIVING

COUNSELING

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.

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.



COUNSELING/ PSYCHOTHERAPY

EMBODY YOUR LIFE, LLC

Inge Sengelmann, LCSW, SEP, RYT
607 10th Street, Suite 109, Golden
305-788-6857

Embodyyourlife@gmail.com
Embodyyourlife.org

Break through the limits of talk therapy with body-mind-spirit integration strategies to help you tap into limitless well-being. Healing is more than reducing symptoms. Dialectical Behavior Therapy, Somatic Experiencing® & ParaYoga® combined can empower you to thrive by rewiring unhelpful nervous system patterns and amplifying your healing potential.



SMOOTH ROCK PSYCHOLOGICAL SERVICES

Erika M. McElroy, MS, PhD
7900 E. Union Ave, Suite 1100
720-306-1040

drerika@smoothrockpsychological.com
Smoothrockpsychological.com



Life events often leave us feeling jagged, not smooth, fighting the flow of life. Smooth Rock Psychological Services serves adults seeking to live their best life. Healing a health/wellness challenge, unresolved issues in relationships, or negative childhood events is possible. Perhaps you need support to achieve your dreams! Dr. McElroy's blend of psychological and whole living interventions creates a supportive environment for up-leveling the mind-body connection. Invest in yourself today!

DENTIST

STUDIO Z DENTAL

Tom Zyvoloski 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.



DENTIST

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 biocompatibility 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 7.

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/ 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 / ENERGY PSYCHOLOGY

HEALING CHANGE

Marie Adams EEM-AP, CHT, PT
Littleton office: 679 W Littleton Blvd. #205
303-668-0299 / Healingchange.net



Individual sessions using a combination of different techniques such as Eden Energy Medicine (EEM), Hypnotherapy, EFT (meridian tapping), and Matrix Reimprinting will facilitate deep healing at the physical, emotional, mental and/or spiritual levels of your being to create that permanent change in your life. You will leave the sessions with tools that you can use at home to continue the healing work and progress towards a better you. Ongoing classes in EEM for increased Joy, Health and Vitality! Free 20-minute phone or Skype consultation.

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

HYPNOTHERAPY

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.

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.

NEW! 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 13.



NATURAL HEALTH

HEARTLAND WELLNESS LLC

Dr. Sujatha Reddy, BAMS MEd LPC DCC
12157 W Cedar Dr, Ste 200, Lakewood
303-325-5617

Heartlandwellness@gmail.com
Bewellmindbodyspirit.com

Create new ways of living joyfully by implementing techniques that heal your body, mind and spirit through **Ayurveda, the ancient art of natural living**, a 5000-year old health science from India. Feel strong and empowered, sleep like a baby and release anxiety, pain, stress and depression. Insurance accepted for mental health counseling. Free 15 minute phone consultation.

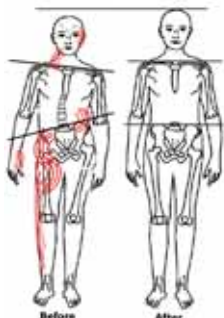


NO-PAIN OPTIMAL ALIGNMENT

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.

SHAMANIC SERVICES

WOLFHEALS SHAMANIC SERVICES

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



Enhance joy, health and integrity through spiritual power and autonomy. Shamanic healing can benefit dis-ease on any level while deepening a sense of wholeness and connection. Shamanism, an ancient, cross-cultural methodology, works directly with the compassionate Spiritual realms, including Earth's natural wisdom. Long distance consultations, counseling, classes, house clearing, ceremonies also offered. Remote shamanic healing is free. See website for various offerings and schedule your session. The work is sacred. You are sacred.

SPIRITUAL COMMUNITY

DISCOVER YOUR SPIRITUAL GIFTS

Violet Rayne
5808 S Rapp St, Suite 265, Littleton
303-257-2276
violet@discoveryourspiritualgifts.com
Discoveryourspiritualgifts.com



Join us for a variety of exciting classes and programs including: Angelic Reiki, Reiki, Akashic Records Reading, Crystall 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 (discoveryourspiritualgifts). See ad, page 9.

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.**

