

# calendar/specialoffers

**NOTE:** All Calendar events & Special Offers must be received by December 5<sup>th</sup> (for January issue) and adhere to our guidelines. Visit [MileHighNaturalAwakenings.com](http://MileHighNaturalAwakenings.com) for guidelines and to submit entries. All entries will be edited.

## decemberspecialoffers

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

### FREE 30 MINUTE CALL-IN COACHING

Holiday gift to You! Start 2018 with the Love of your Life. Release your hidden inner barriers to love and manifest your Soulmate with Calling in "The One" Certified Coach, Jennifer Zundel, 303-352-1970 or [jenzundel@hotmail.com](mailto:jenzundel@hotmail.com)

### FREE 15 MINUTE CONSULTATION

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

### \$30 OFF YOUR PERSONAL 2018 FORECAST

Chinese Astrology, Numerology and the I Ching offers the direction you seek. \$180 by 12/15, \$210 after. In-person or phone incl detailed forecast record. Debra Lin Allen, Chi Wellness, Denver 720-427-0406

### 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

### FREE 30-MIN CONSULTATION- PHONE/SKYPE

Healing Change: 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, 303-668-0299

### 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

### 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

**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](mailto:joanne@joannepalladino.com)

**A Channeled Healing with Archangel Raphael**—7-8pm. Ask Archangel Raphael for communication and a healing on any issue. Just being in the room is a healing itself. Pre-pay \$25, \$30/Door Journey Within; 777 S Wadsworth Blvd Bldg 2 #108, Lakewood. Anita Destino, 720-413-7303, [journeywithin@hotmail.com](mailto:journeywithin@hotmail.com)

## THURS DEC 14

**A Guided Meditation on Healthy Boundaries**—7-8pm. Set personal boundaries and enforce them with those around you, letting ourselves know that we are safe, loved, and deserving of respect and kindness. Pre-pay \$20, \$25/Door Journey Within; 777 S Wadsworth Blvd Bldg 2 #108, Lakewood. Anita Destino, 720-413-7303, [journeywithin@hotmail.com](mailto:journeywithin@hotmail.com)

## FRI DEC 15

**Monthly Mini Readings**—7:30-9pm. Drop-in for a 15-minute reading for \$15. Ask questions about your life and get answers! Offered on the 3rd Friday of every month. BoulderPsychicInstitute.org.

## SAT DEC 16

**\$50 off session for first 6 people**--this weekend only! Simone connects with her Spirit Guides to give you clarity on your life path. Limited Space - RSVP today. Visit [SpiritGuideLifeCoach.com](http://SpiritGuideLifeCoach.com) for testimonials/more info. [Simone@SpiritGuideLifeCoach.com](mailto:Simone@SpiritGuideLifeCoach.com) to claim weekend discount.

**Pet Readings**—2pm via phone. Improve your relationship with your companion animal! Clarify relational dynamics and negotiate issues. All species welcome. Boulderpsychicinstitute.org.

## SUN DEC 17

**\$50 off session for first 6 people**--this weekend only! Simone connects with her Spirit Guides to give you clarity on your life path. Limited Space - RSVP today. Visit [SpiritGuideLifeCoach.com](http://SpiritGuideLifeCoach.com) for testimonials/more info. [Simone@SpiritGuideLifeCoach.com](mailto:Simone@SpiritGuideLifeCoach.com) to claim weekend discount.

## TUES DEC 25

*Merry Christmas*

## TUES DEC 26

**Guided Meditation; Creating Your New Year**—7-8pm. Start the year off right by taking time for YOU. Let go of 2017 as well as taking the time to set your intentions YOU desire for your 2018. Pre-pay \$20, \$25/Door Journey Within; 777 S Wadsworth Blvd Bldg 2 #108, Lakewood. Anita Destino, 720-413-7303, [journeywithin@hotmail.com](mailto:journeywithin@hotmail.com) or [AnitaDestino.com](mailto:AnitaDestino.com).

## THURS DEC 28

**Guided Meditation; Creating Your New Year**—7-8pm. Start the year off right by taking time for YOU. Let go of 2017 as well as taking the time to set your intentions YOU desire for your 2018. Pre-pay \$20, \$25/Door. Journey Within; 777 S Wadsworth Blvd Bldg 2 #108, Lakewood. Anita Destino, 720-413-7303, [journeywithin@hotmail.com](mailto:journeywithin@hotmail.com) or [AnitaDestino.com](mailto:AnitaDestino.com).

## SAT DEC 2

**Citrus Rosemary Sugar Scrub Party**—1-3pm Saturdays. *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. \$6. Refreshments/snacks incl. In Littleton. RSVP Evie Yang 858-922-2964 or [aromatherapistevie@gmail.com](mailto:aromatherapistevie@gmail.com)

## SUN DEC 3

**Christ Force Healings** - Lay on a massage table while a student healer channels the energy of forgiveness through your body. Offered on the 1st Friday of every month from 7:30-9pm. BoulderPsychicInstitute.org.

## TUES DEC 5

**Lavender-Eucalyptus-Peppermint Holiday Helper Personal Inhaler Party**—7:30-9:30pm Tuesdays. Learn how fast and easy it is to make this convenient inhaler (fits in pocket). Promotes relaxation, boosts your immune system, supports your emotions, and supports your energy levels. \$6. Refreshments/snacks incl. In Littleton. RSVP Evie Yang 858-922-2964 or [aromatherapistevie@gmail.com](mailto:aromatherapistevie@gmail.com)

**Tantra Talk at Mandala Infusion's Happy Hour**—4-6pm. A gathering of those interested in Tantra who want to meet others interested in Tantra. \$1. Mandala Infusion, 4479 North Broadway, Boulder. Judith Anne Condon 303-630-9479 [journeystotantricliss@gmail.com](mailto:journeystotantricliss@gmail.com), [Journeystotantricliss.com](http://Journeystotantricliss.com)

## WED DEC 6

**Creating an Abundant Life**—7:30-9pm, part 2 on 12/13. Gain insight and tools to embody the life of your dreams! No need to register, just show up! All levels welcome. Boulderpsychicinstitute.org.

**Making the Holidays Your Own**—5:30-7pm, part 2 on 12/13, via phone. Reset and refresh the holidays with your own traditions and unique form of celebration. BoulderPsychicInstitute.org.

**Sexual Vitality thru Nature's Wisdom with Brigitte Mars**—7-10pm. Explore Sexual Nutrition, Herbal Aphrodisiacs, Supplements to increase libido and resolve sexual concerns, Feng Shui for the bedroom to enhance sexual health. Incl Refreshments, Socializing. \$35. Osho Leela, 1025 Rosewood Dr. 106, Boulder. Judith Anne Condon, 303-630-9479 [journeystotantricliss@gmail.com](mailto:journeystotantricliss@gmail.com), [Journeystotantricliss.com](http://Journeystotantricliss.com)

## FRI DEC 8

**Trance Medium Healings**—2<sup>nd</sup> & 4<sup>th</sup> Fridays. 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. BoulderPsychicInstitute.org

## TUES DEC 12

*Hanukkah*

# ongoing

## 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

## tuesdays

**Lavender-Eucalyptus-Peppermint Holiday Helper Personal Inhaler Party**—7:30-9:30pm. Learn how fast and easy it is to make this ultra-convenient inhaler (fits in your pocket). It promotes relaxation, boosts your immune system, supports your emotions, and supports your energy levels. \$6. Refreshments/snacks incl. In Littleton. RSVP Evie Yang aromatherapistevie@gmail.com or 858-922-2964. aromatherapist-evie.com

**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

**Psychic Readings**—7-8:30pm by appt/also on Thursdays. Learn about your soul essence, past lives, and aura. Ask questions about relationships, career, money, and health. Free. 1332 Pearl St. Boulder. 303-530-0920.

## wednesdays

**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

## thursdays

**House Healings**—7-8:30pm. Got ghosts? Sleepless nights? Consistent household conflict? House healings are great in times of transition! in Boulder or over-the-phone. Boulderpsychicinstitute.org

**The Way Of Mastery Practice Group**—6:30-8pm. Study the channeled words of Jesus offering self-healing teachings that evoke complete, unconditional love and self-acceptance. \$25 drop-in; \$120/6 Sessions. Coly Vulpiani, Facilitator. 700 E 9th Ave, #9, Denver. RSVP 303-476-8402 or coly@parallelrealitiespractice.com

**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

## saturdays

**Citrus Rosemary Sugar Scrub Party**—1-3pm. *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. \$6. Refreshments/snacks incl. In Littleton. RSVP Evie Yang 858-922-2964 or aromatherapistevie@gmail.com. aromatherapist-evie.com

**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 in physical considerations as well as agile athletes who seek internal fortitude. \$20/drop-in or \$90/6 classes. Chi Wellness, Denver. Debra Lin Allen 720-427-0406 ChiWellness.net

**Tai Chi + Push Hands**—2:45-4pm. Physical and energetic health strengthen, develop keen sensitivity to yin-yang shifting to eliminate obstructions to the natural flow of life’s essence. \$20/drop-in or \$90/6 classes. Chi Wellness, Denver. Debra Lin Allen 720-427-0406

**Olympic Fencing for Chi Fitness**—4-5:30pm. Olympic Foil, Saber and Epee skills and techniques heighten the pace of qigong exercise into spontaneity, mental flexibility, chi and physical endurance. \$50 drop-in or \$120/3 classes. Chi Wellness, Denver. Debra Lin Allen 720-427-0406

# savethedate

## INTUITIVE DIAGNOSTICS AND HEALING

INFORMATIONAL MEETING  
DECEMBER 7; WORKSHOP  
DECEMBER 8-10



Discover the art of Intuitive Diagnostics and Healing by Uwe Albrecht, M.D., a man who works beyond time and space. It is now possible for those who are taking charge of their well-being to understand their own human potential. Individuals and providers alike will learn how to work on all levels: structure to soul. You will walk away understanding how to discover and diagnose accurately without using devices; and treat without medications, using information, frequencies and sounds. Free Informational Meeting, December 7th, 7pm, 1776 S. Jackson Street, Denver, in Conference Room B. Workshop follows, December 8-10, 9am-8pm, same location, \$700. For full story, see Innerwise.com or contact ruthhooley@gmail.com

## INSIGHT STUDIOS PRESENTS: A HOLIDAY SPIRIT GATHERING, TEA & BOOK SIGNING

FEATURING SPIRITUAL MEDIUMS  
LYNN VAN PRAAGH-GRATTON &  
ELISA MALANGONE

TUESDAY DEC. 12TH @ 7PM



Elisa invites Lynn Van Praagh-Gratton into the studio to share the story behind her exciting new book “The Hand II” and her Spiritual Tea Line through Wystone Teas. In addition, both Lynn and Elisa will team together to deliver divine messages to the audience. \$32. For more info, please visit ElisaInsight.com to register.

## NURTURING HEALTH, JOY AND LIFE BALANCE



**Qigong Movement** Saturdays 1:00-2:30

**Taiji-Playful Push Hands** Saturdays 2:45-4:00

**Olympic Fencing for Qi Fitness** Saturdays 4-5:30

**Beginning the Qigong Lifestyle** Tuesdays 6-8 pm starting January 16

More classes/register at **720.427.0406 • www.ChiWellness.net**

**Medical Qigong by Appointment** with Debra Lin Allen, Founder/Director



CHI WELLNESS

**www.ChiWellness.net • 4155 East Jewell Ave. • Suite 105 • Glendale/Denver • 720-427-0406**

# Publish One of the Nation's Leading Healthy Living Magazines

**Natural Awakenings Magazine** is ranked 5th Nationally in Cision's® 2016 Top 10 Health & Fitness Magazines list

1. Spry Living – 8,907,303
2. Shape – 2,521,203
3. Men's Health – 1,852,715
4. Prevention – 1,539,872
5. **Natural Awakenings – 1,536,365**
6. Women's Health – 1,511,791
7. Weight Watchers Magazine – 1,126,168
8. Dr. Oz The Good Life – 870,524
9. Vim & Vigor – 789,000
10. Experience Life – 700,000

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- Exceptional Franchise Support & Training

For more information, visit [NaturalAwakeningsFranchise.com](http://NaturalAwakeningsFranchise.com) or call **239-530-1377**



\*Natural Awakenings recently received the prestigious FBR50 Franchise Satisfaction Award from Franchise Business Review.



**natural awakenings**

## Contact us about acquiring an existing publication **FOR SALE** highlighted in **RED\***

Natural Awakenings publishes in over 80 markets across the U.S., Puerto Rico and the Dominican Republic (listed below).

- **Gulf Coast AL/MS\***
- Phoenix, AZ
- Tucson, AZ
- East Bay Area, CA
- San Diego, CA
- Northern CO/Cheyenne, WY
- Denver, CO
- Fairfield County/HousatonicValley, CT
- Hartford, CT
- New Haven/Middlesex, CT
- **Washington, DC\***
- Daytona/Volusia/Flagler, FL
- NW FL Emerald Coast
- Ft. Lauderdale, FL
- Jacksonville/St. Augustine, FL
- Miami & the Florida Keys
- Naples/Ft. Myers, FL
- **North Central FL\***
- Central Florida/Greater Orlando
- Palm Beach, FL
- Peace River, FL
- Sarasota, FL
- Space & Treasure Coast, FL
- Tampa/St. Pete., FL
- Atlanta, GA
- Hawaiian Islands
- Chicago, IL
- Chicago Western Suburbs, IL
- Indianapolis, IN
- Acadiana, LA
- New Orleans, LA
- Boston, MA
- Worcester, MA
- Ann Arbor, MI
- East Michigan
- Wayne County, MI
- Western MI
- Minneapolis/St. Paul, MN
- Charlotte, NC
- **Raleigh/Durham/Chapel Hill, NC\***
- **Bergen/Passaic, NJ\***
- Central, NJ
- Hudson County, NJ
- Mercer County, NJ
- Monmouth/Ocean, NJ
- North Central NJ
- South NJ
- **Santa Fe/Albuquerque, NM\***
- Las Vegas, NV
- Albany, NY
- Long Island, NY
- Hudson Valley W., NY
- **Manhattan, NY\***
- Westchester/Putnam/Dutchess Co's., NY
- Central OH
- **Toledo, OH\***
- Oklahoma City, OK
- Portland, OR
- Bucks/Montgomery Counties, PA
- Chester/Delaware Counties, PA
- South Central PA
- Lancaster/Berks, PA
- Lehigh Valley, PA
- Northeast, PA
- Philadelphia, PA
- Rhode Island
- Charleston, SC
- Columbia, SC
- **Greenville, SC\***
- Chattanooga, TN
- **Austin, TX\***
- Dallas, TX
- Houston, TX
- **North Texas\***
- **San Antonio, TX\***
- South Houston/Galveston, TX
- Richmond, VA
- Inland Northwest, WA
- **Seattle, WA\***
- **Madison, WI\***
- Milwaukee, WI
- Dominican Republic
- Puerto Rico

\*Existing magazines for sale

## Start a magazine in an OPEN TERRITORY

- Los Angeles, CA
- Sacramento, CA
- San Francisco, CA
- Santa Barbara/Ventura, CA
- Santa Clara Co., CA
- Southern, MA
- Annapolis, MD
- Baltimore, MD
- Kansas City, MO
- Saint Louis, MO
- Bronx, NY
- Brooklyn/Staten Island, NY
- Cincinnati, OH
- Cleveland, OH
- Pittsburgh, PA
- Nashville, TN
- Ft. Worth, TX
- Salt Lake City, UT

Inquire about other open areas

# 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

**SHEN-U:** Self Empowered Healing. Shen-u.com

**Spirit Guide Life Coaching:** Thirsting for Clarity? Simone connects with her spirit guides to receive information that can shift your perspective, uncover gifts, give direction and increase clarity as you move toward living your life with greater authenticity. SpiritGuideLifeCoach@gmail.com or call (720) 507-4440.

**90 Minute Massage \$65:** Relax & unwind @ Northern Lights Massage Therapy! Intro special for new clients. Mon-Sat in Wheat Ridge. Call Angie 303-475-6937

**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

**\$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

**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.

**\$20 OFF Initial Therapeutic Massage or Energy Healing Session:** Mon/Wed/Thur in Littleton. 25 years experience. Call Lisa 720-589-2746 or Lisa@wildlynourishedlife.com. Visit: wildlynourishedlife.com

## JOBS AVAILABLE

**Earn Extra Spending \$\$ as a Distribution Driver for Highlands Ranch/GV/Lone Tree & Castle Rock 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 with your qualifications.

# looking ahead 2017 & 2018

## JAN 6

**Dog Trainer Program**—18 wk program. Become knowledgeable about, receive hands-on experience, instructing Obedience and Good Manners based on behavior science with effective, force-free, positive techniques. In Lakewood. \$800 Jan 6 or before; \$850 after. Email for application mishamayfoundation@gmail.com

## JAN 9

**Self Healing 101**—Learn how to meditate and heal yourself with easy to use visualization techniques. Free. Offered in-person & over-the-phone! BoulderPsychicInstitute.org

## JAN 11

**Tele-Class Meditation for Beginners 5-Weeks**—7-9pm. From the comfort from your home learn a Meditation that can transform your life and create change. Meet your Guardian Angel or Spirit Guide. Let go of negativity and make room for the positive. Feel your health improve. Early \$210, Reg \$225. Journey Within; 777 S Wadsworth Blvd Bldg 2 #108, Lakewood. Anita Destino, 720-413-7303, journeywithin@hotmail.com or AnitaDestino.com

## JAN 16

**Beginning the 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. Eliminate stress's harmful impact on health, reverse aging and thrive in vibrant health and joy in daily living! Primarily for self-care, also one of two prerequisites for Professional Medical Qigong Practitioner training in mid-Oct. \$495. Chi Wellness, Denver. Debra Lin Allen 720-427-0406, DebraLin.ChiWellness@gmail.com, ChiWellness.net

## FEB 10 & 11

**Basic Animal Reiki Certification**—9am-5pm. 3-part series for Basic, Advanced, Master throughout 2018. Experience the world from the animal's perspective. Attendees will learn Reiki practices and much more. We address behavior, emotions, physiology, and psychology. In Lakewood. RSVP/info mishamayfoundation@gmail.com

## FEB 11

**The Law of Energy: One Mind, One Vibration**—1:30-4pm. If you want to find the secrets of the universe, think in terms of energy, frequency, and vibration. Hear & see more from MUFON representative Katie. Donation, open to public. City Hall 6060 S. Quebec St. Greenwood Village. Denver Near Death Studies. Meetup.com/Denver-IANDS/

# CONNECT WITH OUR READERS! THREE-MONTH EDITORIAL PLANNING CALENDAR

JAN

## Healthy Living Directory

Be found in the 2018 Healthy Living Directory.

This issue will be distributed year-round and kept for reference.



FEB

## Living Courageously

plus: Meditation Styles

Our Readers are Seeking: Personal Development & Meditation Providers & Services



MAR

## Ethnic Cuisine

plus: Super Spices

Our Readers are Seeking: Culturally Diverse Foods & Exotic Spice Providers & Services



To advertise or participate in our next issue, call 303-770-1981

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