

## calendar of events

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

### februaryspecialoffers

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

#### \$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

#### \$45 OFF 90-MINUTE INTAKE

Includes assessment interview, evaluation and treatment recommendations by Inge Sengelmann, LCSW, SEP, RYT-500, Embody Your Life, 305-788-6857 or [Embodyyourlife.org](mailto:Embodyyourlife.org)

#### FREE 15-MINUTE CONSULTATION

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

#### 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 20-MIN CONSULTATION- PHONE/SKYPE

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, Healing Change, 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

#### 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

### WED FEB 14

**Lavender-Eucalyptus-Peppermint Personal Nasal Inhaler Party**—5-7pm Wednesdays. Learn to make this ultra-convenient inhaler (fits in your pocket) to promote relaxation, boost your immune system, support your emotions, and support your energy levels. \$8 incl refreshments. Littleton. RSVP Evie Yang 858-922-2964 or [aromatherapistevie@gmail.com](mailto:aromatherapistevie@gmail.com)

### FRI FEB 16

**Chinese New Year-Yang Earth Dog 2018 Celebration!**—7pm. Fun social qigong ceremony to align with the Brown Yang Earth Dog after the New Moon's partial solar eclipse in Aquarius! Bring your favorite dish to share (no gluten/dairy, please). All welcome. Chi Wellness, The Center of Qigong, Denver. Debra Lin Allen 720-427-0406 or [DebraLin.ChiWellness@gmail.com](mailto:DebraLin.ChiWellness@gmail.com)

**Sacred Drumming Circle, Sound Celebration & Meditation**—7-9pm. Join the community for appreciation, celebration and release using sound, breath, mindfulness and meditation in the Energy of the Circle. Bring a snack, your drums, rattles, flutes and other instruments. Love offering/\$10. Journeys for Conscious Living, 7401 W 59th, Arvada. 303-731-6695. [J4CL.com](http://J4CL.com).

**Debbie Allen's Highly Paid Expert Workshop**—8:30am-5:30pm. Discover how to position yourself as THE Go-To expert and become a highly paid entrepreneur on your own terms. Debbie Allen is considered one of the world's top business and brand strategists. 7502 W 80<sup>th</sup>, Arvada. For info/reg go to [HighlyPaidExpertSeminar.com](http://HighlyPaidExpertSeminar.com) or call 303-469-0306.

### SAT FEB 17

**Citrus Rosemary Sugar Scrub Party**—3-5pm 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. \$8 incl refreshments. Littleton. RSVP Evie Yang 858-922-2964 or [aromatherapistevie@gmail.com](mailto:aromatherapistevie@gmail.com).

**Shamanic Practices: Medicine Wheels, Power Animals and Ceremonies**—9am-6pm. Learn practical wisdom from Mayan, Lakota, Navajo and Siberian traditions. Discover how medicine wheels provide insights about your journey. Experience ceremony to invoke new energy to your life and projects, explore totems and smudging techniques. \$75. Rocky Mountain Miracle Center, 1939 S Monroe St, Denver. [Sabija.com](http://Sabija.com) or [williamanager@hotmail.com](mailto:williamanager@hotmail.com)

### SAT FEB 24

**The Journey Experience Intensive Workshop & Advanced Skills Workshop**—thru 2/26. Learn The Journey - a simple step-by-step roadmap to access cellular memory and heal the root cause of any physical or emotional life issue. Discover the radiant essence of your own being. Public Service Credit Union building, lower level, in the community room. 7502 W 80<sup>th</sup>, Arvada. For info/reg 1-855-625-6876 or [TheJourneyna.com](http://TheJourneyna.com).

### MON FEB 26

**We Are Change Open Mic Night**—6-10pm. Share the power of our local grassroots activist community at an evening of food, music, interviews, headliners, poetry and dancing. Journeys for Conscious Living 7401 W 59th, Arvada. Visit [wearechangecolorado.com](http://wearechangecolorado.com) for details.

### SAT FEB 3

**Romance Angels Workshop**—1-3pm. Single or involved, the Romance Angels can help you experience greater joy and bliss in your love life. Open to Everyone Early Bird \$60, Regular Price \$75 Journey Within; 777 S Wadsworth Blvd Bldg 2 #108, Lakewood. Anita Destino 720-413-7303, [journeywithin@hotmail.com](mailto:journeywithin@hotmail.com)

**I Ching Wisdom for Constancy Amid Change**—10 semi-monthly workshops, 9:30am-Noon. The respected book of Eastern natural health, the *I Ching*, guides our qigong practice for peace of mind; spiritual and physical health; and clarity. Tuition: \$600. Chi Wellness, The Center of Qigong, Denver. Debra Lin Allen 720-427-0406, [DebraLin.ChiWellness@gmail.com](mailto:DebraLin.ChiWellness@gmail.com)

### WED FEB 7

**Mindfulness and Meditation Workshop**—7:15pm-9pm. Come learn, practice, and share about mindfulness and meditation, and some techniques that will lead you to a more balanced life. Instructor: Tryna Giordano Cooper. Suggested offering: \$10-\$20. Journeys for Conscious Living 7401 W 59<sup>th</sup>, Arvada. 303-550-4223 or 303-731-6695. [J4CL.com](http://J4CL.com)

**Lavender-Eucalyptus-Peppermint Personal Nasal Inhaler Party**—5-7pm Wednesdays. Learn to make this ultra-convenient inhaler (fits in your pocket) to promote relaxation, boost your immune system, support your emotions, and support your energy levels. \$8 incl refreshments. Littleton. RSVP Evie Yang 858-922-2964 or [aromatherapistevie@gmail.com](mailto:aromatherapistevie@gmail.com)

### SAT FEB 10

**Balance Hormones During Cycles of Moodiness With Essential Oils**—3-5:30pm. Learn how to use Essential Oils (EO), with an in-depth look at EO that support hormone balance. We'll make 2 blends: #1 Balance Hormones Roll-On Blend; #2 Support Emotions, Relaxation, Clarity Inhaler Blend. \$65 in Littleton. \*For women who aren't pregnant or nursing. RSVP Evie Yang CCA, RA, at 858-922-2964 or [AromatherapistEvie@gmail.com](mailto:AromatherapistEvie@gmail.com).

**It's Back! Journey's Quarterly Holistic Healing and Psychic/Intuitive Fair**—11am-5pm. Enjoy massage, shamanic, foot baths, reiki, sound healing, healing touch, oils; palmistry, tarot, intuitive, astrological; and crystals, jewelry, oils, and art. \$20/20 mins or as offered. Journeys for Conscious Living, 7401 W 59th, Arvada. 303-731-6695. [J4CL.com](http://J4CL.com)

### MONDAY FEB 12

**Qigong with Food**—10 monthly workshops, 6-8pm. Step by step, our Chi Nutrition workshops teach us what and how we eat to achieve vigorous health, clarity of mind and inner peace. Tuition, learning materials and food: \$600. Chi Wellness, The Center of Qigong, Denver. Debra Lin Allen 720-427-0406, [DebraLin.ChiWellness@gmail.com](mailto:DebraLin.ChiWellness@gmail.com)

### TUES FEB 13

**The Women's Way to Health, Wealth, and Happiness Meetup**—7-9pm. "Facebook Groups - Easy Facebook Engaging" presented by Kathy Mason. Learn how to boost your business, your profits, and your impact. Available live stream as well. 7502 W 80<sup>th</sup>, Arvada. Donation. Contact Tryna 303-550-4223 or Kathy 720-938-2536.

## on going events

### daily

**Free Healing Therapy for Individuals with Cancer**—Reiki and Healing Touch support relaxation and balance on the physical, mental, emotional and spiritual levels. Sign up for free sessions at one of our partner locations, or in-home for those too sick to travel, at LifesparkNow.org

### 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

### mondays

**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

### tuesdays

**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

**\$30 Psychic Readings**—7-8:30pm, by appointment only. Performed by our graduate students. Enjoy an advanced skill set and ask questions about relationships, career, health, and more! BoulderPsychicInstitute.org



### 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

**Lavender-Eucalyptus-Peppermint Personal Nasal Inhaler Party**—5-7pm. It's fast and easy to make this ultra-convenient inhaler (pocket size). Promotes relaxation, boosts immune system, supports emotions, supports energy levels. Chk other dates/times offered. \$8 incl refreshments. Littleton. RSVP Evie Yang 858-922-2964 or aromatherapistevie@gmail.com

### thursdays

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

**\$30 Psychic Readings**—Tuesdays & Thursdays from 7-8:30pm, by appointment only. Performed by our graduate students. Enjoy an advanced skill set and ask questions about relationships, career, health, and more! BoulderPsychicInstitute.org

### saturdays

**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 from physical considerations. \$20 drop-in or \$90/6 classes. Chi Wellness, Denver. Debra Lin Allen 720-427-0406.

**Tai Chi + Push Hands**—2:45-4pm. Develop true internal yin-yang sensitivity and serenity, in these fun, dynamic chi-cultivation classes in Yang 24 Taiji and playful Push Hands! \$20 drop-in or \$90/6 classes. Chi Wellness, Denver. Debra Lin Allen 720-427-0406

**Citrus Rosemary Sugar Scrub Party**—3-5pm. 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. \$8 incl refreshments. Littleton. RSVP Evie Yang 858-922-2964 or aromatherapistevie@gmail.com

## save the date

### LOVE NOTES FROM HEAVEN

February 17, 2pm



Internationally Beloved & Denver's Very Own Breakthrough Intuitive Coach & Medium Elisa Malangone offers an impactful, inspirational and heartwarming afternoon of deep connection and communication with Spirit.

Elisa's genuine heart-centered approach is extremely respectful, gracious, validating, precise and deeply compassionate. Her life-changing insight, loving guidance and healing messages have brought healing and comfort to many for over 20 years. Leave with loving messages from spirit, motivation, enlightenment, and clarity. Insight Studio, Wheat Ridge. \$25/advance, \$30/door (email Elisa@ElisaInsight.com to reserve your seat). RSVP ElisaInsight.com

### 17TH ANNUAL SPRING HOLISTIC FAIR

MARCH 24 & 25, 10 AM - 5 PM



Explore alternative choices for taking care of your body, mind, spirit & our environment. Bring a canned food donation & receive \$1 off admission.

FREE Parking! FREE Lectures!! \$7/day, \$12/week-end; children 12 & under FREE. Tickets at the door. The Ranch / Larimer County Fairgrounds - South Hall, 5280 Arena Circle, Loveland. For more info, see Holistic-fairs.com or contact Carol O at 970-472-0200 or holisticfairs@gmail.com.

### 8TH ANNUAL VEGFEST COLORADO

SAT, JULY 28, 10 am - 6 pm & SUN, JULY 29 10 am - 5 pm



The 8th annual VegFest Colorado (VFC), a health and environmental fair, takes place July 28-29,

at their new location at the 1st Bank Center, 11450 Broomfield Lane in Broomfield. VFC offers two days of family-friendly activities including speakers, cooking demonstrations by nationally acclaimed chefs and cookbook authors, food sampling, exhibitors, food trucks, movies, activities for children and more. Learn from renowned luminaries about health, diet, environmental and animal rights issues, and the advantages of embracing a compassionate, cruelty-free, plant-based lifestyle. Vegfestcolorado.org.



## World Service Through Transmission Meditation

A simple group meditation providing both a dynamic service to the world and powerful, personal spiritual development.

www.transmissionmeditation.org • Ron 303-819-2100

## 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

**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.

**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.

### JOBS AVAILABLE

**Earn Extra Spending \$\$ as a Distribution Driver for Metro Denver Area:** *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 2018

### FRIDAY MAR 2

**Feng Shui-Spring Cleansing**—6-8 pm. Clear obstructions and move the energy flow in your home and work space. Generate prosperity, create life balance and nourish your spirit and invigorate your health. Tuition: \$60. Chi Wellness, The Center of Qigong, Denver. Debra Lin Allen 720.427.0406, DebraLin.ChiWellness@gmail.com

### MARCH 23

**Deepen your practice, Improve your health, and Become a Yoga Teacher**—225-hr, 5-month yoga teacher training through Sacred Grove Wellness, w/Dr. Buhman and her extraordinary team of Yoga teachers. meet Yoga Alliance 200-hr training requirements. SacredGroveWellness.com, 303-720-8284 or 303-443-6923.

### MARCH 20

**Learn to Heal with Angels; 5 Wks**—7-9pm. Meet your Guardian/Healing Angels. Guided meditations help you heal, release grief, guilt, addictions and habits to create the life you desire. Early/\$235, Reg/\$250 Journey Within; 777 S Wadsworth Blvd Bldg 2 #108, Lakewood. Anita Destino 720-413-7303, journeywithin@hotmail.com or AnitaDestino.com

### MARCH 22

**5-Week Class on Chakras and Auras**—Thursdays 7-9pm. Learn about your Chakras and how they coincide with our Aura; clean and align your Chakras; easy technique to set energetic boundaries. Early/\$235 Reg/\$250 Journey Within, 777 S Wadsworth Blvd Bldg 2 #108, Lakewood. Anita Destino, 720-413-7303, journeywithin@hotmail.com or AnitaDestino.com.

### FRIDAY MARCH 9

**Richard Rudis Gong Bath**—7-8:30pm. Friday. Richard Rudis created the first original Gong Bath experience twenty years ago. Bring a pillow, mat and blanket. Go to Sacredsound-gongbath.com for details and tickets or contact WholeLifeModalities at wholelifemodalities@gmail.com or 720-371-9137. Location: Journeys for Conscious Living, 7401 W 59th, Arvada. 303-731-6695.

### APRIL 28 & 29

**2nd annual Colorado Holistic Fair**—10am-5pm. Experience healing modalities & intuitive readings. Shop with our unique artisans. Attend our Free hourly lectures. Exciting door prizes! Free Parking! \$7/day;\$12/weekend; Children 12 & under FREE. Adams County Fairgrounds 9755 Henderson Rd, Brighton. Belu Olisa Fairs - Carol O 970-472-0200, holistic-fairs.com or holisticfairs@gmail.com

### SEPT 15 & 16

**36th annual Fall Holistic Fair**—10am-5pm. Explore alternative choices for taking care of your body, mind, spirit & our environment. Children 12 and under FREE. Bring a canned food donation & receive \$1 off admission. FREE Parking! FREE Lectures! \$7/day; \$12/weekend. The Ranch/Larimer County Fairgrounds - South Hall, 5280 Arena Circle, Loveland. Belu Olisa Fairs - Carol O 970-472-0200, holistic-fairs.com or holisticfairs@gmail.com

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## 2018 EDITORIAL CALENDAR



### 2018 Directory

**JAN** 6th Annual Healthy Living Directory

**FEB** Feature: Living Courageously  
Plus: Meditation Styles

### Healthy Food Issue

**MAR** Feature: Ethnic Cuisine  
Plus: Super Spices

**APR** Feature: Climate Health Update  
Plus: Healthy Home

### Women's Health Issue

**MAY** Feature: Natural Care First  
Plus: Personalized Medicine

**JUNE** Feature: Livable Communities  
Plus: Natural Beauty

### Nutrition Issue

**JULY** Feature: Farmers Rooted in Health  
Plus: Anti-Inflammatory Diet

**AUG** Feature: Simplified Parenting  
Plus: Multilevel Healing

### Body Movement Issue

**SEPT** Feature: Joint Health  
Plus: Yoga for Flexibility

**OCT** Feature: Game Changers  
Plus: Chiropractic

### Health Defense Issue

**NOV** Feature: Immune System Boosters  
Plus: Safe Drinking Water

**DEC** Feature: Uplifting Humanity  
Plus: Holidays

### IN EVERY ISSUE...

HEALTH BRIEFS | GLOBAL BRIEFS | ECO-TIP  
GREEN LIVING | HEALING WAYS | FIT BODY  
CONSCIOUS EATING | HEALTHY KIDS  
WISE WORDS | INSPIRATION | NATURAL PET