

## LEARN THE "DAILY ENERGY ROUTINE"

WEDNESDAY, JANUARY 3, 7-8:30PM



Learn easy and quick exercises/practices such as tapping, breathing and simple movements for increased health and wellbeing. Notice immediate results in how you feel! \$15. Location: 679 W Littleton Blvd, Ste 205, Littleton. Marie Adams is an Eden Energy Medicine Advanced Practitioner (EEM-AP), licensed Physical Therapist, certified Hypnotherapist and Energy Psychology Practitioner. For more information, email Marie@HealingChange.net or see HealingChange.net.

## AUTHENTICALLY U MARKETING OPEN HOUSE

WEDNESDAY, JANUARY 10TH  
FROM 3:30-7:30 PM



Celebrate the launch of our new service packages and programs! Enter

a drawing for a chance to win the "Marketing in a Box Package," a \$400 value! Package includes: Developing a Marketing Plan, Customer Relations, Creating a Portfolio, Website Tips, Social Media Tips, Newsletter and Blog Ideas, Creating Marketing Materials, 1 FREE month (4 sessions) of Vacation of the Mind, Plus 1 FREE month of the MAP Club. The Meeting Room, 6596 S. Dayton Road, Centennial. RSVP/info AuthenticallyUMarketing@gmail.com. For more information, visit AuthenticallyUMarketing.com

## BALANCE HORMONES DURING CYCLES OF MOODINESS WITH ESSENTIAL OILS

SUNDAY, JANUARY 14 & ONGOING THROUGHOUT THE YEAR



Learn the major hormones that play an integral role in women's menstrual cycles, with an in-depth look at Essential Oils (EO) that support hormone balance and a list of EO that are "hormone-like". We'll make 2 different blend recipes! #1 Balance Hormones Roll-On Blend; #2 Support Emotions, Relaxation, Clarity Personal Inhaler Blend. \$65 in Littleton. \*For women who aren't trying to get pregnant and not pregnant or nursing. Registration/information contact Evie Yang, CCA, RA, at 858-922-2964 or AromatherapistEvie@gmail.com. Aromatherapist-evie.com

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

## january special offers

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

### THE GIFT OF CHI

Give the gift of Vibrant Health, Joy and Life Balance. 3 classes in Qigong Movement and Taiji-Push Hands, value \$60, for \$45. Debra Lin Allen, Chi Wellness, 720-427-0406

### 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

### 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

### NEW YEAR SPECIAL - FENG SHUI

Clear obstructive energies and organize your home or workplace for prosperous finances and health in the 2018 Earth Dog Year with a Feng Shui consultation in your workplace or home with \$240, a savings of 20%, ends 1/31. Debra Lin Allen, Chi Wellness, 720-427-0406

### \$30 OFF SESSION OF CHOICE

Mention Natural Awakenings magazine and receive \$33 off one session of your choice for Depth Hypnosis, Spiritual Counseling, or an Integrative Shamanic Healing Session. Or receive \$33 off a package of 3 sessions for Depth Hypnosis. Seeds of Satya, Kari L. Rivers BSN, CHT 303-489-3068

### 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

### \$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

### COMPLIMENTARY CONSULTATION

Live Your Knowing Counseling, Creekside at Highline Office Park, 1211 S Parker Rd, Denver. Renee Ellis, MA RMT, 720-984-9575

### \$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

### 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

MON JAN 1

*Happy New Year!*

WED JAN 3

**New Human Living Radio Celebrates 200th Show Episode**—7-8pm MT. Please join us live as the show's host, Les Jensen, shares insights on mastering the art of soul-level creation now, and in the year ahead! Episodes available for On Demand listening at NewHumanLiving.com/Radio.

THURS JAN 4

**An Introduction to "The Way of Mastery"**—7 wks, 6:30-8pm Thursdays. Embody and ground yourself in the foundational teachings and practices forum in the first three lessons. \$150. Parallelrealitiespractice.com and click on 'Groups and Retreats' on the Homepage.

SAT JAN 6

**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.

**Make 2018 Your Best Year Ever with the Power of Intention**—2:30-4:30pm. Discover how to set an intention that will catalyze breakthroughs and manifest your desires with less effort. Free. Koebel Library Room A 5955 S Holly St. Centennial Contact Jennifer Zundel RSVP: 303-352-1970, jenzundel@hotmail.com

SUN JAN 7

**Goals From Your Soul Workshop**—10-3 pm. Live 2018 from your Soul! Join this powerful workshop to create meaningful personal goals aligned with your purpose. Leave with a Vision Board in hand, the perfect way to start the year! \$50 incl all materials. Eagle, CO. Women's Empowerment Workshop 970-328-5472; Womenempower.us

**Being Present, Looking Forward**—11am-1pm. Set aside sacred time to meditate, clear your vision and prepare for manifesting what you want in 2018, with the support of others in a "wisdom circle." Optional healthy potluck lunch. \$20 plus potluck. Energy for Life, 6162 S. Kearney St. Centennial. Jim and Ruth Sharon are your seasoned facilitators. RSVP to info@energyforlife.us, or 303-796-7004

## TUES JAN 9

**Lavender-Eucalyptus-Peppermint Personal Nasal Inhaler Party**—5:45-7:45pm. Learn how fast and easy it is to make this ultra-convenient inhaler (fits in your pocket). Promotes relaxation, boosts your immune system, supports mental clarity and focus, and supports your energy levels. \$6. Refreshments/snacks incl. In Littleton. RSVP Evie Yang 858-922-2964 or aromatherapistevie@gmail.com.

**Self-Healing 101**—7:30pm. Learn how to meditate and heal yourself with easy to use visualization techniques. Check out the first class for FREE on January 9th. Offered in-person & over-the-phone. BoulderPsychicInstitute.org

**Creating An Amazing Life With Conscious Living**—7-9pm. How you show up everyday makes a difference, so learn how to take charge now. Tips and Tools offered for you to use to make the change. Suggested \$10-\$20. Journeys For Conscious Living, 7401 West 59th, Arvada. 303-731-6695. J4CL.com.

## WED JAN 10

**Authentically U Marketing Open House**—3:30-7:30pm. Come join us in celebrating the launch of our new service packages and programs! Enter a drawing for a chance to win the "Marketing in a Box Package," a \$400 value! Free 6595 S. Dayton Road Centennial RSVP AuthenticallyUMarketing@gmail.com

**Mindfulness & Meditation**—7-9pm. Learn, practice, and share mindfulness and meditation, and techniques that will lead you to a more balanced life. Suggested \$10-\$20. Journeys For Conscious Living at Meetings and Events, 7502 West 80th, Lower Level Public Service Credit Union Bldg, Arvada. 303-550-4223 or 303-731-6695. J4CL.com.

## THURS JAN 11

**Cellular Full Monty 8-month Webinar**—A complete cellular reset of your hormones, glands, and organs, giving you victory over nagging self-doubt and never being good enough, allows you to gracefully operate under stress, and provides a genuine sense of your own power. RSVP/questions Dr Nadine, 970-443-2541 or drNadine111@gmail.com. MagnificenceMine.com

**A Basic Meditation for Beginners over the Phone**—7-9pm. Meditation can transformation 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

## FRI JAN 12

**Trance Medium Healings**—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

## SAT JAN 13

**Rod Stryker at Samadhi Center For Yoga**—The ancient tradition of Tantra maps the entire spectrum and sacred journey of Hatha Yoga. These teachings key to unlock the potential of practice, realize the ultimate promise of yoga: lasting happiness and success. Samadhiyoga.net

**Balance Hormones During Cycles of Moodiness With Essential Oils**—1-3:30pm. 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.

**\$50 off session for first 6 people**—this weekend only! Simone connects with her Spirit Guides to give you clarity on your life path. Visit SpiritGuideLifeCoach.com for testimonials/more info. Simone@SpiritGuideLifeCoach.com to claim weekend discount.

# save the date

## RESOLVE TO EVOLVE: SUPERCHARGE YOUR INTENTIONS

THURSDAYS, 6 WEEKS, JANUARY 18 - FEBRUARY 22



Weekly, women's education and support group will help you overcome the force of your unhealthy habits and strengthen the power of your resolve; formulate clear goals, understand your obstacles, learn skills to overcome them, and establish healthy eating habits that will help you master your moods, balance your weight, and boost your energy levels. Led by somatic psychotherapist and yoga teacher, Inge Sengelmann, and Andrea Holt, certified health coach. Advance registration required; must commit to attending all 6 groups. \$60/wk or \$350/advance. Book online Embodyyourlife.org/book-online under Classes: Group Therapy.



## SAMADHI YOGA TEACHER TRAINING

JANUARY 26 - APRIL 29

You being you is the greatest gift you can give the world. It is what is most required to help change the world. Are you willing and ready to step into a greater knowing of yourself and your place in the universe? Samadhi's exceptional Yoga Teacher Training is an experience of a lifetime. Samadhiyoga.net

## NIGHTSPARKS FUNDRAISER FOR LIFESPARK CANCER RESOURCES

FRIDAY, MARCH 2, 7-11PM



Dinner, live music, dancing, live and silent auctions to raise money for LifeSpark Cancer Resources, a leading-edge non-profit organization that provides Reiki and Healing Touch treatments free of charge from Longmont to Colorado Springs. Nearly 80% of those receiving sessions in our program report feeling significantly better both physically and emotionally. 95% of participants say the sessions were valuable. Over 100 volunteers deliver thousands of sessions to individuals with cancer and their caregivers every year. Wellshire Event Center, 3333 S Colorado Blvd, Denver. LifeSparkNow.org

## EDEN ENERGY MEDICINE (EEM) ONE-YEAR PROGRAM JOIN THE EXCITING FIELD OF ENERGY MEDICINE!

STARTS IN MAY IN DENVER



The Foundations Class is a year-long program that will help you learn and practice the fundamentals of Eden Energy Medicine (EEM). Learn how to: Expand the toolbox of your own personal health and well-being; Integrate Eden Energy Medicine into your professional health care practice; Develop skills for your role as a caregiver to family and friends. 1-year program with Certificate of Completion includes 4 extended weekends and at-home supervised practice. Marie Adams is an Eden Energy Medicine Advanced Practitioner (EEM-AP), licensed Physical Therapist, certified Hypnotherapist and Energy Psychology Practitioner. CE Credits available. More information Marie@HealingChange.net or Healingchange.net/foundations-colorado

## COURAGEOUS TRANSITIONS RETREAT JULY 11-15



In transition? Feeling lost, stuck, fearful? Learn to navigate Change using your inner wisdom, strength and grace. Nature connection, mindfulness and professional guides offer compassion and a toolbox in this adventurous retreat. River adventure, rock climbing, hiking, women's circles help you connect to your empowered self and find your strength and courage. **READY TO TAKE CONTROL OF YOUR LIFE?** Call Women's Empowerment Workshop today 970-328-5472. WomenEmpower.us. \$300 discount ends Jan. 7!

## RIVER WISDOM RETREATS JUNE 29 - JULY 2, AUGUST 23-25



Discover ancient wisdom of the River and how to apply it to your River of Life with joy and grace. Move from your busy world into stillness. Inhale natural beauty and peace as you paddle the gentle waters of the Colorado River through spectacular red rock canyons. Learn tools for bringing the joy of deep nature connection into your life and share your adventure with a supportive circle of women. No previous river experience needed! Call Women's Empowerment Workshop today 970-328-5472. womenempower.us

## SUN JAN 14

**Visioning Your New Year Women's Circle**—1:30-4pm FREE. Access your Feminine Power for greater creativity and support in manifesting your deepest desires and greatest vision this year. \$20/person Koelbel Library Room A 5955 S Holly St. Centennial. RSVP Jennifer Zundel 303-352-1970, jenzundel@hotmail.com

## TUES JAN 16

**Lavender-Eucalyptus-Peppermint Personal Nasal Inhaler Party**—5:45-7:45pm. 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 mental clarity and focus, and supports your energy levels. \$6. Refreshments/snacks incl. In Littleton. RSVP Evie Yang 858-922-2964 or aromatherapistevie@gmail.com.

**Free Healing**—10am-7pm. Free introductory Psychic Energy Healing session for new clients. Heal from energy blocks, anxiety, negative life patterns, trauma relief, and get insight into your life. Call to schedule a free 30 minute session now. 1800 30th St Suite 309 Boulder Rev. Natasha Deakins psychic@natashadeakins.com 720-499-8469

**Beginning the Qigong Lifestyle 9 Wks**—Tuesdays, 6-8 pm. 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 a prereq for Professional Medical Qigong Practitioner training. \$495. Chi Wellness, Denver. Debra Lin Allen 720-427-0406, DebraLin.ChiWellness@gmail.com

## WED JAN 17

**New and Full Moon Meditation for Women**—6:30-7:30pm. A gathering during the New and Full moons to engage in meditation techniques that allow us to calm the mind and access its luminous and self-nurturing qualities. Come nourish your soul and replenish your body. \$10 RSVP Embodyyourlife.org/book-online

## FRI JAN 19

**Sacred Drumming Circle, Sound Celebration & Meditation**—7-9pm. Appreciation, celebration, and release using Sound, Breath, Mindfulness and Meditation. Bring snack to share and other instruments. Suggested \$10. Journeys For Conscious Living, 7401 West 59th, Arvada. 303-731-6695. J4CL.com.

**Monthly Mini Readings**—7:30-9pm. Drop-in for a 15-minute reading for \$15. Ask questions about your life and get answers! BoulderPsychicInstitute.org.

## SAT JAN 20

**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

## JAN 21

**Roots Of Change, The Science Of Self at Samadhi Center For Yoga**—Discover the Guru within. Everything you seek is in the silent space of your infinite heart. Join Acharya Michelle Anne Haley on this 9 month self-inquiry through the 8 limbs of authentic yoga and meditation. Samadhiyoga.net

## MON JAN 22

**Restore Your Gut Health 8-Week Online Transformation Group Program**—Did you know that the health of your gut will make or break your overall health? In this program you will learn which foods SERVE your unique body and which foods HARM your body...just because its "healthy", doesn't mean it's the right food for you. Early Bird pricing \$77. Register: wildlynourishedlife.com

## FRI JAN 26

**Trance Medium Healings**—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

## SAT JAN 27

**Pet Readings**—11am over the phone. Improve your relationship with your companion animal! Clarify relational dynamics and negotiate issues. All species welcome. Boulderpsychicinstitute.org.

# ongoing

## daily

**Free Healing Therapy for Individuals with Cancer**—Reiki and Healing Touch are gentle hands-on energy therapies that support relaxation and balance on the physical, mental, emotional, and spiritual levels. Sign up for up to 12 weeks of free sessions at one of our partner locations, or in-home sessions 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

**Lavender-Eucalyptus-Peppermint Personal Nasal Inhaler Party**—5:45-7:45pm. 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 mental clarity and focus, and supports your energy levels. \$6. Refreshments/snacks incl. In Littleton. RSVP Evie Yang 858-922-2964 or aromatherapistevie@gmail.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

**\$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

## TUES JAN 30

**New and Full Moon Meditation for Women**—6:30-7:30pm. A gathering during the New and Full moons to engage in meditation techniques that allow us to calm the mind and access its luminous and self-nurturing qualities. Come nourish your soul and replenish your body. \$10 RSVP Embodyyourlife.org/book-online

**Free Healing**—10am-7pm Free introductory Psychic Energy Healing session for new clients. Heal from energy blocks, anxiety, negative life patterns, trauma relief, and get insight into your life. Call to schedule a free 30 minute session now. 1800 30th St Suite 309 Boulder Rev. Natasha Deakins psychic@natashadeakins.com 720-499-8469

## 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** - 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

**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.

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

**Tai Chi + Push Hands**—2:45-4pm. Physical and energetic health strengthen profoundly as you develop true internal yin-yang sensitivity and serenity, eliminating the most subtle obstructions to the natural flow of life's essence 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

**Olympic Fencing for Chi Fitness**—4-5:30pm. Express your Yang in modern sword play! Olympic Foil, Saber and Epee techniques strengthen mental dexterity, physical endurance and chi conservation. \$50 drop-in or \$120/3 classes. First Time Special: \$10 on January 13! Chi Wellness, Denver. Debra Lin Allen 720-427-0406

# looking ahead 2018

## CHECK DATES/TIMES

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

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

## FEBRUARY 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)

## FEBRUARY 10

**“Heal Ourselves, Heal the World”**—An eight week experiential group gathering to discover your immense wisdom from within and your capacity to heal at home with shamanic journeying and meditation. For specific dates and programming please visit [Seedsofsatya.com](http://Seedsofsatya.com)

## FEBRUARY 25

**Spiritual Graffiti MC Yogi & 10,000 Buddhas at Samadhi Center For Yoga**—Join hip hop artist, yoga teacher and author MC YOGI and his wife Amanda, renowned graffiti artist for an inspiring half-day yoga and meditation immersion. You don't want to miss this! [Samadhiyoga.net](http://Samadhiyoga.net)

## MARCH 16-18

**Dr Nadine at the Celebration Fair**—See Dr Nadine Healer/Teacher/Clairvoyant/Naturopath at Booth 126;

raise self-esteem and empower yourself with the SOUL Food Card Deck, nourishing Body, Mind, Emotions and Spirit. 2017 People's Choice – Inspirational Product – COVR Award Winner. [MagnificenceMine.com](http://MagnificenceMine.com)

## JUNE 29-JULY 2

**River Wisdom Retreat** – Adventure, Grow and Learn River Wisdom on this spectacular trip down the “Great Mother” (Colorado) River. Deep nature connection, awareness, and self-nurturing are part of this sweet adventure. No experience necessary. [Womenempower.us](http://Womenempower.us). 970-328-5472

## JULY 1

**«Earth Into Truth» with Seeds of Satya**—A Rite of Passage experiential earth based experience that guides and empowers young girls embarking into womanhood, to discover and own their beauty, power and wisdom. [Info/updates/Seedsofsatya.com](http://Info/updates/Seedsofsatya.com)

## JULY 11-15

**Courageous Transitions Retreat**—In transition? Lost, stuck, fearful? Learn to navigate change through Nature connection and mindfulness. Ready to take control of your life? Women's Empowerment Workshop 970-328-5472. \$300 discount ends Jan. 7!

## SEPTEMBER 14

**“Grief Alchemy” and Sweat Lodge with Seeds of Satya**—An experiential and ceremonial weekend for women who are in the midst of grief and loss. Together we will journey into release, healing and transformation. [Info/updates/Seedsofsatya.com](http://Info/updates/Seedsofsatya.com)



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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**natural awakenings**

[MileHighNaturalAwakenings.com](http://MileHighNaturalAwakenings.com)

# 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 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

**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.

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

**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](http://ThePhysicsOfHealth.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](mailto:SpiritGuideLifeCoach@gmail.com) or call (720) 507-4440.

**Loving Healing Support for Highly Sensitive Children!** All ages, Teens Coaching, Angel Therapy Harp sessions, Meditation class. Call at 303-215-6073, [TeensAwake.com](http://TeensAwake.com)

**Sell Your House Fast Without Realtors:** Angels Housing Solutions serving Boulder County. Call now at 720-381-1813 Go to: [Call4fastsale.com](http://Call4fastsale.com)

**SHEN-U:** Self Empowered Healing. [Shen-u.com](http://Shen-u.com)

## JOBS AVAILABLE

**Earn Extra Spending \$\$ as a Distribution Driver:** *Natural Awakenings* is looking for a reliable, conscientious, honest delivery driver with a good driving record and car. 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](mailto:Doug@MileHighNaturalAwakenings.com) with your qualifications.