

# calendar of events

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

## julyspecialoffers

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

### FREE AURA CLEARING AND CHAKRA BALANCING FOR FIRST-TIMERS

Every 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

### 50% OFF INTAKE ASSESSMENT

Normally \$175. Includes 90-minute 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)

### \$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

### INITIAL LYMPHATIC DRAINAGE THERAPY SPECIAL \$79

LDT uses vibrational energies, sound and probes. It is 10x more effective than manual lymphatic massage! \$79 Whole Health Center, 9370 S Colorado Blvd, Highlands Ranch. Sheree Michelle, 303-471-9355 [Savvy-wellness.com](http://Savvy-wellness.com)

### FREE 1-HR CONSULTATION

Create a nourished life and transform your health through one-on-one coaching, personalized nutrition plans, and expert guidance. Daybreak Holistic Nutrition, Elaine Brogan, Integrative Nutrition Health Coach (INHC), 720-256-1336 or [elaine@daybreaknutrition.com](mailto:elaine@daybreaknutrition.com)

**Self Healing 101**—Learn how to meditate and heal yourself with easy to use visualization techniques. Check out the first class for FREE on July 10th. Offered in-person & over-the-phone! [BoulderPsychicInstitute.org](http://BoulderPsychicInstitute.org)

## THURS JULY 12

**Lavender-Lemon-Peppermint “Summer Fun” Inhaler Party**—5-7pm. Enjoy outdoors worry free! Fast, convenient inhaler promotes easy breathing, supports dripping and plugged up nose, boosts immune system. Other dates/times offered. \$20 incl drinks/snacks. Littleton. RSVP Evie Yang 858-922-2964 or [aromatherapistevie@gmail.com](mailto:aromatherapistevie@gmail.com)

**When, How, Why to Enter into a Sexual Relationship: A Tantric Perspective**—7-9:30pm. How do we know when, how, why to enter into a sexual relationship? \$35 RSVP Judith Anne Condon [journesto-tantricbliss@gmail.com](mailto:journesto-tantricbliss@gmail.com). Journeys to Tantric Bliss. [JourneysToTantricBliss.com](http://JourneysToTantricBliss.com)

**Sip and Stroll**—6:30-8pm. Pour a glass of your favorite drink and reconnect with nature during a summer stroll! Learn about the healing connection between humans and plants and how to turn garden plants into medicine at home. \$15, \$10 DBG member. Register at [botanicgardens.org](http://botanicgardens.org)

**Guided Meditation Walk: Forest Bathing**—7-8pm. Forest bathing is the process of connecting with the sights, smells and sounds of nature to promote physiological and psychological health. Enhance your well-being through a guided walk in nature. \$18, \$15 DBG member. Register at [botanicgardens.org](http://botanicgardens.org)

## FRI JULY 13

**\$15 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. Schedule online. [BoulderPsychicInstitute.org](http://BoulderPsychicInstitute.org)

**Richard Rudis Gong Bath**—7pm. Richard Rudis, creator of the original Gong Bath experience has performed over 1,000 Gong Baths around the world. Bring a pillow, mat and blanket. Info/tickets [wholelifemodalities@gmail.com](mailto:wholelifemodalities@gmail.com) or 720-371-9137. J4CL, 7401 W 59th, Arvada.

**Heart-Centered Goal Setting Group**—11am-Noon thru Aug 3. We will create clarity, accountability, support and inspiration to help you make the most out of 2018! \$80 incl materials/refreshments. East Denver location. Contact Renee Ellis 720-984-9575 or [renee@liveyourknowing.com](mailto:renee@liveyourknowing.com) for info/registration.

## SAT JULY 14

**Girl Goddess Playshop: Self-Empowerment for Teens**—1-5pm. Discover the power and beauty of your true self. Create your personal Goddess journal and tune in to your inner wisdom. \$55. The Caritas Center 5723 Arapahoe Ave, #1A Boulder. Register at [CaritasCenter.org](http://CaritasCenter.org)

**Hiking & Yoga**—7:30-9:30am. Short hike with Flow all levels yoga for 45mins, and return hike. Please bring water, a mat, snacks and appropriate dress. Suggested Donation \$15/person. Prairie Gateway Open Space, Denver RSVP Claire at [ColoradoClaireE@gmail.com](mailto:ColoradoClaireE@gmail.com) or via Facebook: [facebook.com/eclipseyogamindfulness/](http://facebook.com/eclipseyogamindfulness/)

**\$25 Pet Readings**—Improve your relationship with your companion animal! Clarify relational dynamics and negotiate issues. All species welcome. Offered over-the-phone on 2nd & 4th Saturday of every month at 11am. Schedule online. [BoulderPsychicInstitute.org](http://BoulderPsychicInstitute.org)

## SUN JULY 1

**Tour: Midsummer Nights**—6-7:15 p.m. Also on July 3, 6. This Midsummer's eve (solstice) tour focuses on the edible, medicinal and mischievous properties of the plants that played important roles in Shakespeare's works. \$14, \$12 DBG member, \$10 student. Register at [botanicgardens.org](http://botanicgardens.org)

## WED JULY 4

*Happy 4<sup>th</sup> of July!*

## SAT JULY 7

**Boulder YogaHike™**—9-10:30am. Arrive at 8:45. Meet at Chataqua Trailhead. 30 min hike; 1 hr yoga. Contact Andrea Martin of Selah Holistic Wellness at 720-739-0422, [PracticeSelah@gmail.com](mailto:PracticeSelah@gmail.com) or [PracticeSelah.com](http://PracticeSelah.com).

**Day of Healing**—11-3pm. Celebration-picnic and healings! Celebrate you AND Journey Within being in Lakewood for 10 years with private healings and food. Enjoy private Energy Healings and Angel Card readings by appointment. Journey Within, 777 S Wadsworth Blvd, Bldg 2 #108, Lakewood. Anita Destino, Journey Within 720-413-7303 or [AnitaDestino.com](mailto:AnitaDestino.com)

## SUN JULY 8

**3 Keys to Manifesting Your Desires**—3:30-5pm. Women - Amplify your power, step into your potential and manifest your destiny! FREE! Koelbel Library, 5955 S Holly St, Centennial. Register: Jennifer Zundel, 303-352-1970, [jenzundel@hotmail.com](mailto:jenzundel@hotmail.com) or RSVP [manifestingdesires.eventbrite.com](http://manifestingdesires.eventbrite.com)

**Bega Park LIVE Music Yoga**—10am-Noon. Third annual Outlaw Yoga Bega Park Summer Series with live music from Seth Larson and Marco DiFerreira! 100% Proceeds benefit the Give Back Yoga Foundation. Suggested Donation \$10. 2250 W Main St. Contact Carly@outlawyogalittleton.com or [Outlawyogalittleton.com](http://Outlawyogalittleton.com)

## MON JULY 9

**Mastering the Law of Attraction**—7-9pm Mondays. This powerful 4-wk course beginning July 9th accelerates Law of Attraction mastery through exercises, meditation and discussion. Attract It!, the Law of Attraction game, will also be used as a fun tool to help you become more magnetic to achieving your goals. \$30 per class/\$100 for all 4 if paid in advance. The Healing Studio, 18 Garden Center, Broomfield. Register at [HealingStudioNow.com](http://HealingStudioNow.com)

**Call for Healing Artists**—9th-12th M-TH 9a-5:30pm. If you are interested in adding Selah® Tantric Healing Arts to your repertoire, join us for our certification training in Boulder. Email resume/headshot to: [practic-eselah@gmail.com](mailto:practic-eselah@gmail.com) or call 720-739-0422 for more info.

## TUES JULY 10

**The Women's Way to Health, Wealth, and Happiness Meetup**—7-9pm. Join Kathy Mason and Tryna Cooper for informative presentations and discussions on heart-based business and conscious, healthy lifestyles. Available live stream on Zoom. Contact Tryna at 303-550-4223 or Kathy at 720-938-2536 for call in information.

## SUN JULY 15

**\$15 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. Schedule online [BoulderPsychicInstitute.org](http://BoulderPsychicInstitute.org)

## MON JULY 16

**The Law of Attraction: Beliefs**—7-9pm. Learn how to shift your beliefs to accelerate the Law of Attraction through exercises, meditation and discussion. \$30, The Healing Studio, 18 Garden Center, Broomfield. Register at [HealingStudioNow.com](http://HealingStudioNow.com)

## TUES JULY 17

**Tibetan Singing Bowl Concert**—6-7:30pm. Yoga instructors and sound healers Chris Anne Coviello and Jason Coviello perform on the Hang Drum and singing bowls tuned to the different chakras. \$18/\$15 DBG member. Register at [botanicgardens.org](http://botanicgardens.org)

## THURS JULY 19

**Lavender-Lemon-Peppermint “Summer Fun” Inhaler Party**—5-7pm. Enjoy outdoors worry free! Fast, pocket size inhaler promotes easy breathing, supports dripping and plugged up nose, boosts immune system. Other dates/times offered. \$20 incl drinks/snacks. Littleton. RSVP Evie Yang 858-922-2964 or [aromatherapistevie@gmail.com](mailto:aromatherapistevie@gmail.com)

## FRI JULY 20

**Sacred Drumming Circle, Sound Celebration & Meditation**—7-9pm. Join the community for sharing the sacred vibrations of the Drum Circle. Bring a snack, drums, rattles, and flutes. Suggested Love offering/\$10. Journeys for Conscious Living, 7401 W 59th, Arvada. 303-731-6695 or [J4CL.com](http://J4CL.com)

**Partner Yoga in Wash Park!** —6:30-8pm. Bring a partner for all levels partner flow with live music. Meet by the boathouse and playground. Suggested Donation \$20/pair. Washington Park 1000 S Downing St, Denver. RSVP Claire Colorado [ClaireE@gmail.com](mailto:ClaireE@gmail.com) or [facebook.com/eclipseyogamindfulness/](http://facebook.com/eclipseyogamindfulness/)

## SAT JULY 21

**Lavender Festival**—9am-5pm. Celebrate all things lavender at Chatfield Farms. Lavender products made by local growers and artisans are available for purchase. Enjoy live music, food, drink and craft vendors. Workshops available for additional charge. \$7, \$5 DBG member, free for kids 13 and under. Register at [botanicgardens.org](http://botanicgardens.org)

**3 Keys to Manifesting Your Desires**—3-4:30pm. Are you a woman yearning to create something more in your life? Amplify your power, step into your potential, and manifest your destiny! FREE! Koebel Library, 5955 S Holly St., Centennial. Register: [manifestingdesires.eventbrite.com](http://manifestingdesires.eventbrite.com)

**Citrus Rosemary Sugar Scrub Party**—3-5pm. Get Summer Glow Skin with my secret recipe. Bonus! Invaluable tips on essential oils from a Certified Aromatherapist. Other dates/times offered. \$20 incl drinks/snacks. Littleton. RSVP Evie Yang 858-922-2964 or [aromatherapistevie@gmail.com](mailto:aromatherapistevie@gmail.com)

## SUN JULY 22

**Psychic Fair**—1-5pm. Drop in and receive a 15-minute reading or healing for \$15! Ask any question and get a laser focused reading or healing to help you gain clarity and answers. [BoulderPsychicInstitute.org](http://BoulderPsychicInstitute.org)

## MON JULY 23

**The Law of Attraction: Emotions & Thoughts**—7-9pm. Learn how to focus your mind and emotions to accelerate the Law of Attraction through exercises, meditation and discussion. \$30, The Healing Studio, 18 Garden Center, Broomfield. Register at [HealingStudioNow.com](http://HealingStudioNow.com)

## save the date

### LOVE MESSAGES FROM ABOVE WITH LYNN VAN PRAAGH-GRATTON & ELISA MALANGONE MONDAY, JULY 16, 6:30-9 PM

Gifted and heart-centered spiritual mediums Lynn Van Praagh-Gratton and Elisa Malangone deliver powerful and purposeful messages from beyond. This is an opportunity for magnificent healing, love and compassion. Lyn is featuring her new book “The Hand II” and her Spiritual Tea line. Location: Nik Nac Nook Metaphysical Bookstore, 2730 S Wadsworth Blvd., Unit A, Lakewood. Tickets [ElisaInsight.com](http://ElisaInsight.com) or [Lynnvanpraagh-gratton.com](http://Lynnvanpraagh-gratton.com)



### 8TH ANNUAL VEGFEST COLORADO SAT, JULY 28 & SUN, JULY 29 10 am -6 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](http://Vegfestcolorado.org).

### MARK ANTHONY IN COLORADO THREE EVENTS IN JULY & AUGUST

Mark Anthony is a world-renowned fourth generation psychic medium, an Oxford-educated attorney, regularly seen on network television and major talk radio, and the author of *Never Letting Go* and *Evidence of Eternity*.



**July 31st: Light Circle of Spirit Communication** from 7-9pm, at For Heaven’s Sake NEW Lakewood Gallery, 1923 N. Wadsworth Blvd., Lakewood. Reservations only; limited to 12. \$160. Tix: [Bit.ly/MarkAnthonyLakewood](http://Bit.ly/MarkAnthonyLakewood) or 303-953-8760.

**August 2nd: Mark speaks on reincarnation**, and the scientific and historic basis which reveals it exists at The Vail Symposium at 6pm. Edwards Interfaith Chapel, 32138 US-6, Edwards. Tickets [Vailsymposium.org](http://Vailsymposium.org) or 970-476-0954. **August 3rd: “An Evening of Spirit Communication”** at the Edwards Interfaith Chapel from 6-8pm; Mark will connect random audience members with their loved ones on the other side. Tickets [Vailsymposium.org](http://Vailsymposium.org) or 970-476-0954

### TOG CHÖD TIBETAN WISDOM SWORD: RETREAT & TEACHER TRAINING AUGUST 5 - 8 @ SHAMBHALA MOUNTAIN CENTER



Transform self-limiting thoughts and cultivate mindfulness with this dynamic sword practice. Rooted in Tantric Buddhism, Tog Chöd is based on the Kalachakra and Yama dances. Decisive sword movements combined with visualization and mantra enable us to channel wrathful energy to battle our only enemy – negative emotions. Participants receive tools to be more clear and decisive, and learn the deep philosophy of Tog Chöd. Attend all 3 sessions to become a Tog Chöd Teacher. [Tibetanhealingmovement.com/events](http://Tibetanhealingmovement.com/events).

Self-preservation is the first law of nature.  
~Samuel Butler

## THURS JULY 26

**Lavender-Lemon-Peppermint “Summer Fun” Inhaler Party**—5-7pm. Enjoy outdoors worry free! Easy, convenient inhaler promotes easy breathing, supports dripping and plugged up nose, boosts immune system. Other dates/times offered. \$20 incl drinks/snacks. Littleton. RSVP Evie Yang 858-922-2964 or aromatherapistevie@gmail.com

**Worshipping Your body as a Summer Temple Ritual & Pool Party**—7-10pm. Sweet music, flowers and fruits, soft glowing candles, sacred oils and pastes prepare you to enter into a state of bliss and enchantment. \$35. Private residence with pool, Boulder. RSVP Journeys to Tantric Bliss 303 630 9479 or journeystotanictricbliss@gmail.com

## FRI JULY 27

**\$15 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. Schedule online. [www.BoulderPsychicInstitute.org](http://www.BoulderPsychicInstitute.org)

## SAT JULY 28

**8th Annual Destination Health Walk/Run/Learn**—7am-1pm. This is a fun-filled annual community event for the entire family. All activities besides the race are free. Denver City Park Pavilion. Contact Wafa Saeed [wafa@caahealth.org](mailto:wafa@caahealth.org) for more info.

**Citrus Rosemary Sugar Scrub Party**—3-5pm. Get Summer Glow Skin with secret recipe and make with your friends. Bonus! Invaluable tips on essential oils from a Certified Aromatherapist. Other dates/times offered. \$20 incl drinks/snacks. Littleton. RSVP Evie Yang 858-922-2964 or aromatherapistevie@gmail.com

## MON JULY 30

**We Are Change Open Mic Night**—6-10pm. Uniting our local grassroots activist community for an evening of food, music, interviews, headlines, poetry and dancing. This is Powerful! [wearechangecolorado.com](http://wearechangecolorado.com) for details.

**The Law of Attraction: Action**—7-9pm. Learn how your attitudes and actions can accelerate the Law of Attraction through exercises, meditation and discussion. \$30, The Healing Studio, 18 Garden Center, Broomfield. Register at [HealingStudioNow.com](http://HealingStudioNow.com)

## on going events

### daily

**Free Healing Therapy for Individuals with Cancer**—Reiki and Healing Touch support relaxation and balance on 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](http://LifesparkNow.org)

**Intuitive Healing Sessions for Empaths**—By appt. Learn to channel your unique gift of sensitivity so that it will support you for health, flow, empowerment. 2.5 hr session, \$350. In person or phone. Santa Fe, NM. Your Divine Light, 505-438-1074. [YourDivineLight.biz](http://YourDivineLight.biz).

**Horses & Donkeys Helping You**—By appt. Relieve stress, embrace well-being, confidence, joy, peace, and empowerment w/equine assisted intuitive sessions. And it's fun. \$260/2-hr session, July Special, bring friend for FREE. Santa Fe, NM. Your Divine Light, 505-438-1074. [YourDivineLight.biz](http://YourDivineLight.biz).

### 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 Performed by grad students. Enjoy an advanced skill set and ask questions about relationships, career, health, and more! Schedule at [BoulderPsychicInstitute.org](http://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 or [journeywithin@hotmail.com](mailto:journeywithin@hotmail.com)

### thursdays

**Lavender-Lemon-Peppermint “Summer Fun” Inhaler Party**—5-7pm. Fast, easy to make, convenient (pocket size). Promotes easy breathing, supports dripping and plugged up nose, boosts immune system. Other dates/times offered. \$20 incl drinks/snacks. Littleton. RSVP Evie Yang 858-922-2964 or aromatherapistevie@gmail.com

**\$60 Home & Business Healings**—7-8:30pm. Got ghosts? Sleepless nights? Consistent household/business conflict? These are great in times of transition! In Boulder or phone. Schedule [Boulderpsychicinstitute.org](http://Boulderpsychicinstitute.org)

**\$30 Psychic Readings**—7-8:30pm. Performed by grad students. Enjoy an advanced skill set and ask questions about relationships, career, health, and more! Schedule [BoulderPsychicInstitute.org](http://BoulderPsychicInstitute.org)

**FREE Aura and Chakra Healings**—Drop-In betw/ 6-7pm. Receive 10 min cleanse and release negative thoughts, emotions, pain and fear. Get replenished with positive energy and feel great. [BoulderPsychicInstitute.org](http://BoulderPsychicInstitute.org)

### fridays

**Free Healing & Meditative Services**—6-7pm. Celebrate being yourself, living life, and cultivating community. Enjoy weekly themes such as Chakra Balancing Singing Bowls, Channeled Angel Healings, Singing & Storytelling, and Meditative & Shamanic Journeys. [BoulderPsychicInstitute.org](http://BoulderPsychicInstitute.org)

### saturdays

**Citrus Rosemary Sugar Scrub Party**—3-5pm. Summer Glow Skin! Get the secret recipe and make it with your friends. Invaluable essential oil tips from Certified Aromatherapist Evie Yang. Other dates/times offered. \$20 incl drinks/snacks. Littleton. RSVP 858-922-2964 or aromatherapistevie@gmail.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 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

**NEW CLIENT MASSAGE SPECIAL \$40/HOUR!** Relax & rejuvenate! Swedish & sports massage. Wheat Ridge location 16 years exp. Mon-Sat Call Angie 303-475-6937

**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)

**Shen-u** is a customized healing practice and teaching designed to empower YOU to access your own unique healing abilities. Please visit [www.shen-u.com](http://www.shen-u.com) for more information

### JOBS AVAILABLE

**Earn Extra Spending \$\$ as a Distribution Driver for GOLDEN/ARVADA 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](mailto:Doug@MileHighNaturalAwakenings.com) with your qualifications.



## looking ahead

### SAT AUG 4

**Boulder YogaHike™**—9-10:30am. Arrive at 8:45. Meet at Centennial Trailhead, Sunshine Canyon. 30 min hike; 1 hr yoga. More info: Andrea Martin, Selah | Holistic Wellness, 720-739-0422 or PracticeSelah@gmail.com. PracticeSelah.com.

**Lakota Moon Equine Therapy Volunteer Training Part 1**—Sat and Sun 8/5. We are looking for a volunteer team of upbeat, positive, active, well-grounded people, who understand the responsibility to provide a safe and sacred space for growth and healing. Spend time with the horses (no riding); Learn about Equine Therapy (EAP) and Equine Assisted Learning (EAL); Participate in Group EAL activity; Observe/participate in sample EAL sessions; Roleplay EAL; and more. \$175. Info/RSVP Diana Berna at 480-221-0630 or diana.lakotamoon@gmail.com

### SEPTEMBER 10

**500-Hour Hypnotherapy Course Begins**—Accelerated certification course in hypnotherapy taught in 2-wk modules. After completing first 300 hours (modules 1-3), students eligible for certification as hypnotherapists with the International Board of Hypnotherapy. Hypnotherapy Academy, 2132 Osuna Rd NE, Ste B, Albuquerque, NM. Register: 877-983-1515. HypnotherapyAcademy.com/course-content

### SEPT 15-16

**36th annual Fall Holistic Fair**—10am-5pm. Explore alternatives to caring for your body, mind, spirit and environment. Children 12 and under FREE. FREE Parking! FREE Lectures! \$7/day; \$12/weekend. The Ranch/Larimer County Fairgrounds, South Hall, 5280 Arena Circle, Loveland. Belu Olisa Fairs Carol 970-472-0200 or holisticfairs@gmail.com. Holistic-fairs.com

**Advanced Animal Reiki Certification**—Experience the world from the animal's perspective. Attendees will learn Reiki practices, emotions, physiology, and psychology. Animal lovers, incl rescue personnel, holistic practitioners and owners will find useful. In Lakewood. Reg req'd at mishamayfoundation@gmail.com

### OCTOBER 6-7

**Oneness with Spirit Retreat**—A Fall camping-style retreat near Loveland, CO aimed for us to grow beyond what we think is possible for ourselves and embrace an identity of oneness with the natural world and our Higher Selves. Fun-freedom-oneness.com

### DECEMBER 8-22

**India Travel Abroad**—A group travel experience that merges social consciousness with spiritual practice. Learn about women's issues, caste, health, and village life; Receive individualized messages from your spirit guides about your own place and purpose in our global community. Fun-freedom-oneness.com

### JANUARY 5, 2019

**Become an Intuitive Practitioner**—18 Saturday Teleclasses, 12-2pm + 3-day on-site training May 24-26. Deeply transformational training perfect for anyone who wishes to start their own intuitive practice as well as empaths seeking support. Limited spaces, Early bird discounts. Santa Fe, NM. Your Divine Light, 505-438-1074. Info@yourdivinelight.biz. YourDivineLight.biz.

## save the date

### 13TH OCTAVE LAHOCHI TRAINING RETREAT IN BOULDER, CO AUGUST 9TH -12TH @ PEACEFUL MEADOW RETREAT

LaHoChi is the movement of light into your body at the speed of Love. The 13th Octave is a process of conscious union within the heart of God. When LaHoChi is joined with the energies of the 13th Octave the squaring effect is comparable to a nuclear reaction. The God energy anchored within lifts you to a place where the energies flow instantaneously. No previous training required. \$675; early bird \$550 before 6/1/18. Register [Soulhealingjourney.com/colorado-training-retreat](http://Soulhealingjourney.com/colorado-training-retreat)



### PLANT BASED HEALTH AND WELLNESS SUMMIT AUGUST 18-19



Top experts, researchers & chefs talk about the preventive and healing power of plant-based nutrition, and creating and maintaining a state of optimal health along with identifying tangible steps that anyone can take to live a healthy lifestyle. Learn about the science behind plant-based nutrition; the impact on chronic disease prevention and reversal; Tips, tools, and strategies to create and maintain a healthier lifestyle; Cooking demos for healthy plant-based meals; and much more. Guest Speakers include: Chef AJ; Andrew Freeman, MD; and John Pierre. PACE Center, 20000 Pikes Peak Ave, Parker. Questions Jerry Casados [jcasados@msn.com](mailto:jcasados@msn.com) or 303-944-4172. PBsummit.com

### DENVER PET EXPO

AUG 18 10am - 5pm; AUG 19, 11am - 4pm

Attendees can enjoy a fun-filled and educational day with their best pet friend. Enjoy a day of live entertainment, education, adoptions, contests and live demonstrations. Pets are welcome as long as they're on a fixed lead and have proof of age-appropriate rabies vaccines. NEW LOCATION: National Western Complex, 4655 Humboldt St, Denver. [Denverpetexpo.com](http://Denverpetexpo.com).



### LATE SUMMER NATURE HIKE AT CHEROKEE RANCH AND CASTLE SATURDAY, AUGUST 25 IN SEDALIA



Late summer is an excellent time to observe the flora and fauna in the hills of Cherokee Ranch. Aster and goldenrod are everywhere. Blazing star paints purple spikes in the tousled mats of buffalo grass. See three species of hummingbirds as they stop en route to Central America. Mountain and Western Bluebirds have finished nesting and their young fly throughout the property. There is no better place for a summer hike. \$25, \$20 DBG members. [Botanicgardens.org](http://Botanicgardens.org)

### 36TH ANNUAL FALL HOLISTIC FAIR SEPT 15-16, 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/weekend; 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](http://Holistic-fairs.com) or contact Carol at 970-472-0200 or [holisticfairs@gmail.com](mailto:holisticfairs@gmail.com).



You must be the change you wish to see in the world.  
~Mahatma Gandhi