

save the date

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.

AMMA IN SANTA FE, NM JUNE 16 - 19

Meet Mata Amritanandamayi, renowned humanitarian and spiritual leader, revered for her message of selfless love and compassion toward all beings. You are warmly invited to greet Amma and receive her individual, heartfelt hug. Arrive at least 90 minutes prior to receive a free token. Free Public Program: Sat, 6/16, Noon; Devi Bhava, Tues, 6/19, 7pm. Paid Retreat: June 17-19. Pre-registration req'd. Hilton Buffalo Thunder Resort, 20 Buffalo Thunder Trail, Santa Fe, NM 87506. amma.org or Amritapuri.org



HEALTHY LIVING DAY JUNE 16, 2-5 p.m. @ UNITY SPIRITUAL CENTER DENVER



Come and celebrate a vibrant, inspired life at HEALTHY LIVING DAY featuring New York Times bestselling author Ilchi Lee's newest book *I've Decided to Live 120 Years*. Learn healthy living tips, experience longevity methods and mindful exercises, watch exciting performances, try an aura reading and win one of many raffle prizes! \$10. Unity Spiritual Center Denver, 3021 S University Blvd, Denver. Call 303-316-9977 to get your ticket.

calendar of events

NOTE: All Calendar events & Special Offers must be received by June 5th (for July issue) and adhere to our guidelines. Visit MileHighNaturalAwakenings.com for guidelines and to submit entries. All entries will be edited.

junespecialoffers

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

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

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

\$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

FRI JUNE 1

\$15 Christ Force Healings—7:30-9pm drop in. Lay on a massage table while a student healer channels the energy of forgiveness through your body. 1st Friday of every month. BoulderPsychicInstitute.org.

SAT JUNE 2

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.

Converting Lawn to Xeriscape—10 am-Noon. Do you want to beautify your landscape and save water? Learn how to replace some of your Kentucky bluegrass lawn with water-smart perennial and ornamental grasses. \$29, \$24 DBG member. Register at botanicgardens.org

Day of Mindfulness—9:30am-3:30pm. Develop or deepen your own practice of mindfulness through teachings and the experience of a sitting and walking meditation, mindful yoga and body scan. \$82, \$72 DBG member. Register at botanicgardens.org

Tog Chöd Wisdom Sword Workshop—10am-1pm. Rooted in Buddhist principles, Tog Chod is mental training: a moving meditation with a sword. Calm and clear the mind, cease distracting and self-limiting thoughts, and tap into your inner power. \$40. Integral Center, 2805 Broadway St., Boulder. Tibetanhealingmovement.com/events

SUN JUNE 3

Native Plant Master Course—9am-1pm During three outdoor field sessions, learn common and scientific names, ecological relationships and human uses of 40-50 plants. \$95. Register Botanicgardens.org

MON JUNE 4

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

TUES JUNE 5

5-Week Class on Chakras and Auras—7-9 pm Tuesdays. 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.

THURS JUNE 7

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

Evidential Medium, Author, and Speaker Suzanne Giesemann—7pm. Open to the public, no RSVP req'd, get there early for best seats. Doors Open 6:30pm. Admission \$5/IANDS members; \$15/general public. Journeys for Conscious Living, 7502 W 80th Ave, Arvada. Info IANDS Jacqueline Arnold 303-442-2133 jacqarnold@gmail.com

Learn to Heal with Angels; 5 Wks–7-9pm. Thursdays. 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

FRI JUNE 8

Ballroom Dance for Chi Vigor–6:30-8pm. 3 wks with guest teacher Ryan Shanahan. Learn to dance with confidence as you cultivate stamina, mindfulness and joy. \$75. Chi Wellness, The Center of Qigong, Denver. Debra Lin Allen 720-427-0406, DebraLin.ChiWellness@gmail.com, ChiWellness.net

\$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

SAT JUNE 9

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

\$25 Pet Readings–11am. Improve your relationship with your companion animal! Clarify relational dynamics and negotiate issues. All species welcome. Offered over-the-phone 2nd & 4th Sat ea month. Schedule online. Boulderpsychicinstitute.org

TUES JUNE 12

The Women's Way to Health, Wealth, and Happiness Meetup–7-9pm. Zoom Live Stream only (pre-reg req'd). "Heart-Based Business" presented by Tryna Cooper/Journeys for Conscious Living, Kathy Mason/Mason Works Marketing. Tryna 303-550-4223 or Kathy 720-938-2536.

Begin Your Qigong Lifestyle–6-8pm, 9 weeks. Build a heart-centered practice in the wholeness of proper qigong self-care, inner alchemy and chi nutrition. Tuition includes learning materials: \$495. Chi Wellness, The Center of Qigong, Denver. Debra Lin Allen 720-427-0406, DebraLin.ChiWellness@gmail.com or ChiWellness.net

THURS JUNE 14

Lavender-Lemon-Peppermint "Summer Fun" Inhaler Party–5-7pm. Fast, easy-to-make, 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

FRI JUNE 15

Sacred Drumming Circle, Sound Celebration & Meditation–7-9pm. Fill yourself with appreciation and celebration using sound, breath and mindfulness in the energy of the circle. Suggested offering \$10. Journeys for Conscious Living, 7401 W 59th, Arvada. 303-731-6695 or J4CL.com.

SAT JUNE 16

Amma in Santa Fe, NM–thru 6/19. Meet renowned humanitarian and spiritual leader Mata Amritanandamayi, revered for her message of selfless love and compassion toward all beings, and receive her individual, heartfelt hug. Arrive 90 mins early for a token. Pre-reg req'd. Buffalo Thunder Resort, Santa Fe, NM 87506. amma.org or amritapuri.org

save the date

RIVER WISDOM RETREATS

JUNE 30 - JULY 2 AND 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 or Gunnison 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

BECOME AN INTUITIVE PRACTITIONER

6-MONTH PROGRAM ~ STARTS JULY 7TH

Are you called to use your intuitive gifts in service? Get the support you need to start / enhance your own practice in this deeply transformational training. Course includes: 18 Saturday teleconferences 12-2pm thru Dec 15; 3-day on-site training retreat in Santa Fe, NM refining techniques explored in the tele-classes and featuring equine support, and 4 X 2hr one-one sessions for individualized support. For more information, contact Chantal Fidanza, Certified Light Journey Guide, and Intuitive Healer at 505-438-1074, info@YourDivineLight.biz or see YourDivineLight.biz



LAVENDER FESTIVAL

JULY 21 AT DENVER BOTANIC GARDENS CHATFIELD FARMS



Enjoy more than 800 blooming lavender plants, shop lavender products made by local artisans, see free demos and tour the farm. Take a class to grow lavender in your landscape, DIY lavender skincare or lavender soap making! Live music, food and drink vendors, and more. Admission: \$5-\$7. Details: [Chatfield Farms](http://ChatfieldFarms.com), 8500 W Deer Creek Canyon Road, Littleton. See Botanicgardens.org.

HORSES, HOPE & HEALING (FOR WOMEN)

JULY 21-22 IN ELIZABETH, CO

Horses naturally inspire Hope & Healing through their innate ability to lock into what we are feeling. They are intuitive and will mirror what we are feeling at any given moment. Gather with women and interact with horses in an empowering, fun-filled way. Choose an area of your life where you may feel stuck, need support or haven't yet started to work. Your activity with the horses will be specifically designed to work on the area you chose. Lakotamooneal.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.

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



SUN JUNE 17

Happy Father's Day!

\$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

THURS JUNE 21

Summer Solstice

Shmaya Gathering w/JoAnne Palladino—7-8:30pm. Experience Shmaya, an illumined, channeled presence that attunes you to the love and light within. \$20. Discover Your Spiritual Gifts, 5808 S Rapp St, Ste 275, Littleton. RSVP 303-263-0679 or joanne@joannepalladino.com

FRI JUNE 22

\$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

Summer Solstice Ceremony—6:30pm. The sacred pipe, Chanupa, is used in ceremony for decree, blessing, prayer and revelation. To honor the turning seasons and the spirit of the Earth and Her elements is both common and auspicious, and we take our place in the circle with respect and humble gratitude. Light snacks. Suggested \$30. In Boulder, RSVP by 6/15. For more information, contact BJ Brown 303-808-4006 or Wolfheals.com

SAT JUNE 23

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

DIY Herbal Skills and Strategies—10am-1pm. Learn the essentials of an herbal home pharmacy and the must-haves in a functional herbal first-aid kit. Leave with fire cider, recipes for your first-aid kit and home herbal pharmacy. \$49, \$43/member. Register Botanicgardens.org

MON JUNE 25

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. Visit wearechangecolorado.com for details.

WED JUNE 27

Shmaya Gathering w/JoAnne Palladino—7-8:30pm. Experience Shmaya, an illumined, channeled presence that attunes you to the love and light within. \$20. 700 E 9th St, Ste 9, Denver. RSVP 303-263-0679 or joanne@joannepalladino.com

THURS JUNE 28

Listening with Plants—6-8pm. Join us for an early summer evening practice of mindfulness as we sit, stand and walk among sensory stones and plants in an outdoor open-air setting at Denver Botanic Gardens. \$18, \$15/member. Register Botanicgardens.org

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

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

FREE Outlaw 1 yoga class—5-6pm. A physically challenging, but technically simple practice. Through intense physicality, you will begin to explore the power of your presence. Outlaw Yoga Littleton 2590 W Main St, Littleton 303-832-4883 or outlawyogalittleton.com

mondays

Free Outlaw 1 yoga class—5:30-6:30am. A physically challenging and technically simple practice. Through intense physicality, you will begin to explore the power of your presence. Outlaw Yoga Littleton 2590 W Main St, Littleton 303-832-4883 or outlawyogalittleton.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

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

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

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

\$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

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

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

saturdays

Qigong Movement—1-2:30pm. Meditative "Stillness within Movement" in this fun group experience increases flexibility, strength, endurance, mental focus and calm. Suitable when healing, great for athletes. \$20 drop-in or \$90/6 classes. Chi Wellness, Denver. Debra Lin Allen 720-427-0406

Taiji Wellness—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. 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

looking ahead 2018

SAT JULY 7

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

FRI JULY 13

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 or 720-371-9137. Journeys for Conscious Living, 7401 W 59th, Arvada.

SUN JULY 14

Girl Goddess Playshop: Self-Empowerment for Teens—1-5pm. Discover the power and beauty of your inner teen self. Connect with a powerful Goddess archetype. Create your personal Goddess journal. 55 The Caritas Center 5723 Arapahoe #1a Boulder. Register at girlgoddess.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 for more info.



People will stare.
Make it worth
their while.
-Harry Winston

SEPT 14-16

Walking A Path of Wholeness: A Weekend of SoulCollage® and Journal to the Self®—A journey into wholeness supported by collage, guided writes, poetry, SoulCollage readings, labyrinth walks, ritual and time to create and express. Meals/materials incl \$500. Franciscan Retreat Center 7740 Deer Hill Grove, Colorado Springs. Carolyn Jennings, Journal to the Self® facilitator and Laura Lyon, SoulCollage® facilitator 720-289-0896 CJennings@WritingOurWings.com WritingOurWings.com

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

OCT 13-14

Master 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

DECEMBER

India Travel Abroad—A group travel experience that merges social consciousness with spiritual practice. Learn about women's issues, caste, health, and rural communities; Engage in self-reflection, messages from your spirit guides, site seeing, and a fun city experience. Fun-freedom-oneness.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

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 for more information

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 25th-1st; ability to take on side jobs for extra \$\$ on same route. No phone calls please. Email Doug@MileHighNaturalAwakenings.com with your qualifications.



**Our Readers are Your Market.
Let Us Introduce You to Them!**

natural
awakenings

Contact us today to advertise in our next issue 303-770-1981.