

calendar of events

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

mayspecialoffers

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

AROMATHERAPY: 25% Off Initial Session

Essential oils can increase emotional balance and well-being, and contribute to better overall health. Kim Farrington, HHP, CCAP, Root Wellness Studio, 2247 Federal Blvd. Denver 720-810-7714

COLON HYDROTHERAPY: 45 minutes/\$65 (\$20 discount) until June 1

and/or Nutrition Consultation for \$40/60 minutes (\$20 discount) until June 1 with Sharon Roulhac of Cosmopolitan Colonics, LLC, 1420 S Chambers Rd, Ste 118, Aurora. 720-451-3953

COUNSELING: Complimentary Consultation

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

ENERGY HEALING: 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

ENERGY HEALING: \$30 Off Initial Healing

(Reiki/vibrational/intuitive reading) for first-time clients. In person or phone. 2055 S Oneida St, #330, Denver. JoAnne Palladino, Reiki Master-Teacher, Channel, & Intuitive. 303-263-0679

REIKI: 20% Discount

when you mention *Natural Awakenings* while scheduling your appointment. In Denver and Boulder. Michel Barta, M.Ed. Reiki Master Teacher. Peace Bridge Reiki 720-722-3545

Psychic Fair Weekend @ For Heaven's Sake Metaphysical Book Store— Psychic Readings @ \$1.50 per minute/30-min minimum. 4900 W 46th Ave, Denver and 1923 N Wadsworth, Lakewood. Info@forheavensake.com

Tarot 101: De-Mystify Your Deck with Winter Clark—6:30-8:30pm, \$30 pp; \$50 couple. For Heaven's Sake, 1923 Wadsworth Blvd., Lakewood. Info@forheavensake.com

\$15 Trance Medium Healings—7:30–9pm drop-in 2nd & 4th Fridays. Receive a channeled healing from our postgraduate students. Come with a healing intention and get rid of pain, mental blocks, emotional turmoil, and spiritual imbalances. BoulderPsychicInstitute.org

MAY 11 SAT

\$25 Pet Readings—2nd Saturdays 11am–12:30pm over the phone. Improve your relationship with your companion animal. Clarify relational dynamics and negotiate issues. All species welcome. Schedule online @ BoulderPsychicInstitute.org

Natural Summer First Aid Kit—10-11:30am. Make natural remedies to heal summertime irritations like sunburn, bruises, rashes and insect bites. Get rid of dangerous products and make-over your medicine cabinet. Repel common insects. Take home mini first aid kit. \$10/\$5 supply fee Wheat Ridge Active Adult Center 6363 W 35th Ave. 720-205-7500 Rootedinfun.com

Mother's Day Wire Wrapping Workshop—Choose from 3: 10-12pm, 1-3pm, 4-6pm. \$65 Single; \$120 Couple. For Heaven's Sake Metaphysical Books and Gifts, 1923 Wadsworth Blvd., Lakewood. Info@forheavensake.com

Let's Get Stoned! A Gemstone Exploration—7-9pm. \$12 pp; \$20 couple. For Heaven's Sake, 4900 W. 46th Ave, Denver. Info@forheavensake.com

MAY 12 SUN

Happy Mother's Day!

MAY 14 TUES

The Women's Way to Health, Wealth and Happiness-Online Meetup—5:30-7pm. Zoom Live Stream. Topic: Building Blocks for a Successful Business. Presented by Tryna Cooper (303-550-4223) and Kathy Mason (720-938-2536). Donation. RSVP req'd for live stream.

Shmaya Gathering w/JoAnne Palladino—7-8:30pm. Experience Shmaya, an illumined, channeled presence that attunes you to the love and light within. \$20. First Spiritual Science Church of Denver, 3375 S Dahlia, Denver. RSVP 303-263-0679 or joanne@joannepalladino.com

MAY 17 FRI

\$60 Home & Business Healings—1st and 3rd Thursdays from 7–8:30pm. Got ghosts? Sleepless nights? Consistent household or business conflict? These are great in times of transition! In Boulder or over the phone. Schedule online BoulderPsychicInstitute.org

Sacred Drumming Circle, Sound Celebration & Meditation—7-9pm. Sound, breath, mindfulness and meditation in the energy of the circle. Bring a snack and your instruments for an evening of vibrational expansion. Suggested \$10. Journeys for Conscious Living, 7401 W 59th, Arvada. 303-731-6695 or J4CL.com

CHECK DATES/TIMES

One Year Apprenticeship in Shamanism—May-April 2020. Transformative training to enhance knowledge and refine skills in the ancient practices of Shamanism. Candidates for this program are those with a deep calling, commitment, and yearning to create an active, embodied experience of their spirituality and their relationship to the non-ordinary, compassionate Spirit realms. Basic shamanic journeying skills required. BJ Brown 303-808-4006 or Wolfheals.com.

MAY 2 THURS

\$60 Home & Business Healings—7–8:30pm. Got ghosts? Sleepless nights? Consistent household or business conflict? These are great in times of transition! In Boulder or over the phone. Schedule online BoulderPsychicInstitute.org

MAY 3 FRI

Spring 5 Virtues Qigong Self-care Retreat—Fri 6-9:30pm; Sat 5:30-9:30pm. Qigong practices integrate 5 essential natural life rhythms into daily living for spiritual fortitude, healing, nourishment, vigor and joyful, conscious self-expression. No exper nec. \$350 incl workbook /audios/videos. Chi Wellness, Denver. 720-427-0406, DebraLin.ChiWellness@gmail.com

Yoga Nidra and Live Hammered Dulcimer Music—7-8:30pm. Deep relaxation combined with live music. Stress melts away, energy channels open. Body heals naturally. Bill Eager, Laurie Nelson. \$35 Maha Soul, 5739 S Curtice St, Littleton 720-484-4288

MAY 4 SAT

Sacred Circle & One Heart Song Global Meditation for Peace—7-9pm. Bring your drums prayers, or your own contribution. Join with millions of other One Heart Song groups to create peace, share love and raise consciousness and frequencies. Journeys for Conscious Living, 7401 W 59th, Arvada. 303-731-6695. J4CL.com

MAY 5 SUN

New Moon Circle—3-5:30pm. Guided meditation, conversation, intention setting & ritual in a supportive circle. Open to all who wish to support their feminine energy. Early/\$30 Door/\$35 Journey Within, 777 S Wadsworth Blvd Bldg 2 #108, Lakewood. Anita Destino, 720-413-7303, journeywithin@hotmail.com

Yoga Nidra and Live Hammered Dulcimer Music—4-6p.m. Deep relaxation combined with live music. Stress melts away, energy channels open. Body heals naturally. Bill Eager, Laurie Nelson. \$35/prepaid; \$40/door. Studio B Evergreen, 27905 Meadow Dr, #4. 720-202-8772 or tina@studiobevergreen.com

MAY 10 FRI

Learn About Bemer Technology—3pm. New technology enhances: blood flow; nutrient/oxygen supply and waste disposal; cardiac function; physical fitness, strength, endurance, energy; concentration, mental acuity, relaxation. \$10 includes a \$45 session. Clear Sky Medical, 9085 E Mineral Circle, #260, Centennial. RSVP 303-790-7860

MAY 18 SAT

FREE Author Event with Julie Rasmussen: "I Didn't Believe Any of This Hippy Dippy Bullsh*t Either"—1-3pm, For Heaven's Sake, 4900 W 46th Ave, Denver. Info@forheavensake.com

Holistic Healing and Psychic/Intuitive Fair—11am-5pm. Massage, foot baths, reiki, sound healing, healing touch, oils. Palmistry, tarot, intuitive, astrological and crystals, jewelry, oils, arts. Practitioners and vendors vary. \$20, 20 mins or as offered. Journeys for Conscious Living, Panthers Gate/MUSE Holistic Healing Center, 6650 W 120th Ave, A1-A3, Broomfield.. 303-731-6695. J4CL.com

MAY 19 SUN

Enhance Your Intuition with Diane Maria—5-7pm. Learn to develop your intuitive gifts safely, while also protecting yourself from inter-dimensional input. \$25pp. For Heaven's Sake, 1923 Wadsworth Blvd, Lakewood. Info@forheavensake.com

Zen Golf Sundays 3 Wks—Find power and distance as we relax into our golf swing. Peace and strengthen cardiovascular health in fun, intriguing recreational sport with guest teacher PGA coach Perry Holmes. \$200. Chi Wellness, Denver. Debra Lin Allen 720.427.0406, DebraLin.ChiWellness@gmail.com,

MAY 24 FRI

\$15 Trance Medium Healings—Drop-in 7:30-9pm. Receive a channeled healing from our postgraduate students. Come with healing intention and get rid of pain, mental blocks, emotional turmoil, and spiritual imbalances. BoulderPsychicInstitute.org

Weekend Psychic Fair — @ For Heaven's Sake Metaphysical Book Store Psychic Readings @ \$1.50 per minute/30-min minimum. 4900 W 46th Ave, Denver and 1923 N Wadsworth, Lakewood. Info@forheavensake.com

MAY 25 SAT

Spring Chi Tea Ceremony—10:30 am-Noon. Profound healing benefits of carefully cultivated and fervently protected Da Hong Pao rock oolong tea as its personality speaks within you in the most unique Qigong Way. \$25. Chi Wellness, Denver. Debra Lin Allen 720-427-0406, DebraLin.ChiWellness@gmail.com

MAY 26 SUN

Free Group Meditation—9:30am-12:30pm. Coly Vulpiani, Facilitator. 2055 S Oneida St., Ste 330, Denver. RSVP 303-476-8402 or coly@parallelrealitiespractice.com.

MAY 27 MON

Happy Memorial Day!

We Are Change Open Mic Night—6-10pm. Share the power uniting local grassroots activist community for an evening of food, music, interviews, headliners, poetry and dancing. Perform your songs and poems! Event page on Facebook and Wearechangecolorado.com

save the date

AMMA IN SANTE FE!

JUNE 20 - JUNE 23

Meet Mata Amritanandamayi, renowned humanitarian and spiritual leader, revered for her message of selfless love and compassion toward all beings, and receive her individual, heartfelt hug. Arrive at least 90 minutes early for a token. Tokens may be limited by time constraints. Free Public Programs: Thursday, June 20, 12pm and Devi Bhava, Sunday, June 23, 7pm. Paid Retreat: June 21-23. Pre-registration required. Hilton Buffalo Thunder Resort, 20 Buffalo Thunder Trail, Santa Fe, NM 87506 www.amma.org www.amritapuri.org



7TH ANNUAL CO-CREATORS CONVERGENCE JUNE 12-16

"THE VOICE OF CO-CREATION - EXPLORING THE PATHWAY TO TRUTH"



A unique, experiential gathering where like-hearted individuals come together to co-create experiences (2019 theme: Throat Chakra, Voice of Truth). Share your gifts and talents with the group (not required). Planned experiences include meditation, metaphysical processes, crystalology, movement, art, nature walks and co-creative processes. Three things you are sure to experience: love, laughter and life-time connections. \$225. Meals, on-site lodging, camping and commuter options available. Sunrise Ranch, 100 Sunrise Ranch Rd, Loveland. Details: Sunriseranch.org. Facebook: LoveCCC. Questions? Call Karen 949-547-4066

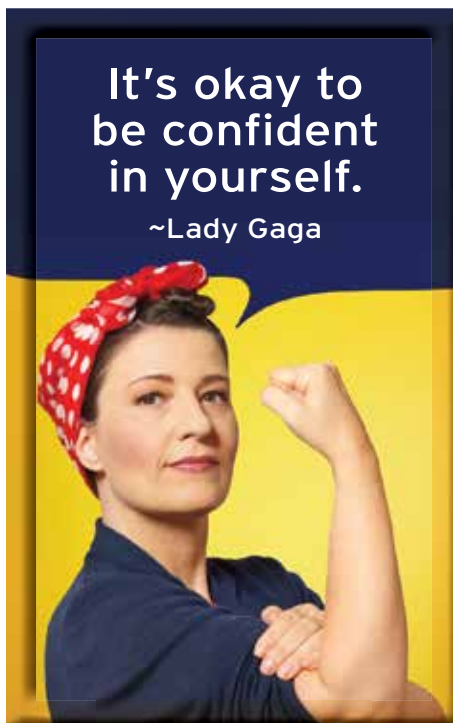
LEVEL 1 - MARCONICS 'NO-TOUCH' PRACTITIONER TRAINING

MAY 4 - 5 IN LAKEWOOD

Marconics is a multidimensional energy healing modality, handed down by Spirit, for your personal evolution and the Ascension of humanity. Through Marconics energy work, you literally anchor in the energy of who you truly are at Source so that you can live your life with the full passion, purpose and beauty of your being. Marconics Teacher Practitioners Kathy Peters & Veronica Rios. \$450/course; \$333/recalibration at the Full Moon Bookstore, Lakewood. Info/RSVP 424-828-5055 or westteachers@marconics.com. Marconics.com.



Marconics



It's okay to be confident in yourself.

~Lady Gaga

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on going events

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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

tuesdays

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

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 our graduate students. Enjoy their advanced skill set and ask questions about relationships, career, health, and more! Schedule online. BoulderPsychicInstitute.org

wednesdays

Energy Healings; Aura Clearing and Chakra Balancing—6-7pm. A healing is an energy clearing, release negative energy blocking growth and create the life you desire. \$5 per healing. Free for first time visitors. Journey Within @ Irongate Executive Plaza 777 S Wadsworth Blvd Bldg 2 #108, Lakewood. Anita Destino 720-413-7303, journeywithin@hotmail.com

thursdays

Qigong Movement—6-7:30pm. Fun group experience increases flexibility, strength, endurance, mental focus and calm. Suitable for folks healing & athletes seeking internal fortitude. \$20/drop-in; \$90/6 classes. Chi Wellness, Denver. Debra Lin Allen 720-427-0406, DebraLin.ChiWellness@gmail.com

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

Aura and Chakra Healings—6-7pm drop-in. Receive a 10-minute cleanse and release negative thoughts, emotions, pain and fear. Get replenished with positive energy and feel great. FREE. BoulderPsychicInstitute.org. 1332 Pearl St. Boulder. 303-530-0920.

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.com

saturdays

Qigong Movement—1-2:30pm. Fun group experience increases flexibility, strength, endurance, mental focus and calm. Suitable for folks healing & athletes seeking internal fortitude. \$20/drop-in; \$90/6 classes. Chi Wellness, Denver. Debra Lin Allen 720-427-0406, DebraLin.ChiWellness@gmail.com

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

Learn About Daoism Sunday Sermon—8:30am. Daoism is a pathway to learning joy. The Dao or The Way, is a systematic approach to get in touch with your spirit. Join us every Sunday at the Dao House, 6120 CO-7, Estes Park, or online at DaoUSA.org for an inspiring talk. *Return to Simplicity, Live Your True Nature.*

Community Tai Chi/Qigong—9am. Enjoy the relaxing and energizing effects of community meditative movements. Breath deep, increase strength and flexibility at the Dao House, 6120 CO-7, Estes Park. DaoUSA.org

Go for it now. The future is promised to no one. ~Wayne Dyer



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looking ahead

JUNE 2

1-Day Introduction to Biodynamic Craniosacral Therapy—9:30am-6pm. Discover the living world inside the body through the elegance and effectiveness of Biodynamic Craniosacral Therapy. Introduce the philosophy and skills of this modality. \$250. 303-999-9963 or Register at Schoolofinnerhealth.org

JUNE 5-9

5-Day Introduction to Biodynamic Craniosacral Therapy—9:30am-6pm daily. Discover Biodynamic Craniosacral Therapy and the living world inside the body. Students will explore and begin to perceive subtle underlying forces in the human body and how to support their healing capacity. This course teaches essential effective skills applicable to any healing arts modality. Course can be taken alone or as the first five days of the 50-day Certification Training offered by the School of Inner Health. \$700 Call 303-999-9963 or Register at Schoolofinnerhealth.org

JUNE 10

I Ching Wisdom in Changing Times 9 Wks—6-9pm Mondays. Eastern natural health philosophy's most respected book, the *I Ching*, guides our qigong practice to align spontaneous living with Nature's ever shifting rhythms. \$540 incl materials. Register by 6/1. Chi Wellness, Denver. Debra Lin Allen 720-427-0406, DebraLin.ChiWellness@gmail.com

JUNE 13

Meditation for Beginners 5-Weeks—Thursdays 6:30-8:30pm. Transformation your life and create change. Let go of negativity and make room for the positive. Feel your health improve. Early/\$210, Door/\$225. Journey Within; 777 S Wadsworth Blvd Bldg 2 #108, Lakewood. Anita Destino 720-413-7303, journeywithin@hotmail.com

JUNE 15-16

Fun and Conversations—Join us for a great time at this year's Denver PrideFest. Learn about our efforts to inform the American Public about foreskin, circumcision, and how we all are impacted by it. Info @ ColoradoABC.org

JUN 25

Begin Your Qigong Lifestyle—6-8pm. 9 weekly classes on Tuesdays. Build a heart-centered, intentional practice in the wholeness of proper qigong self-care, inner alchemy and chi nutrition. Tuition, including Learning Materials: \$495. Register by June 15. Chi Wellness, The Center of Qigong, Denver. Debra Lin Allen 720-427-0406, DebraLin.ChiWellness@gmail.com

JUNE 28-30

Biodynamic Principles—9:30am-6pm daily. Discover how to create the conditions that support healing and presence in yourself and others. Understanding and relying on the principles of biodynamics can change relational, parental and professional dynamics. Complements any profession. \$390 Schoolofinnerhealth.org

JUNE 29-30

Spirit Guide Retreat: Connecting with Your Gifts—Access deep grounding and higher truth about self-identity and greatest offering. Discover and deepen the truest sense of "who you are". Camping-style, private land backing to national forest. 15% off special! \$300-\$375. Elkhorn Ranch, Loveland/Estes Park. Shannon Elisabeth, 970-818-8346 shannon@fun-freedom-oneness.com

JULY 6

Day of Healing—11-3pm. Celebration-picnic and healings! Celebrate you; celebrate Journey Within in Lakewood for 8 yrs. Give to yourself: Private Energy Healings, Angel Card readings and more. Healings/Readings by appt. Journey Within, 777 S Wadsworth Blvd. Bldg 2 #108, Lakewood. Anita Destino 720-413-7303 or AnitaDestino.com



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SPRING

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