

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.

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

50% OFF INITIAL ASSESSMENT

Got Allergies? Get Your Complete Health Picture!! Biofeedback!! Electrodermal Testing & Homeopathic Remedies Alleviate Allergies. Lymphatic Drainage Therapy For Detoxification. \$79 Whole Health Center, 9370 S. Colorado Blvd, Highlands Ranch. Sheree Michelle, 303- 471-9355 Savvy-wellness.com

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

COMPLIMENTARY CONSULTATION

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

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

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

\$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

TUES MAY 1

Self Healing 101—Learn how to meditate and heal yourself with easy to use visualization techniques. Check out the first class for FREE on May 1st. Offered in-person & over-the-phone! BoulderPsychicInstitute.org

1st Tues Tantra Talk—4-6pm. Laugh. Enjoy. Talk. About your Tantric Journey. About Tantric? It's up to you. Meet others interested on the Tantric Path. Happy Hour. Donation. Mandala Infusion 4479 N Broadway, Boulder. Judith Anne Condon Journeytotantricbliss.com 303-630-9479

WED MAY 2

Tantra Immersion: Sex as Self-Discovery PlayShop—7-9:30pm Instruction and practice in the Buddhafield environment of Boulder's Osho Leela Center Couples

AND SINGLES welcome; include ecstatic dance, tantric practice instruction and sharing \$35 1025 Rosewood Ave Judith Anne Condon Journeytotantricbliss.com 303-630-9479

THURS MAY 3

Meditation for Beginners 5-Weeks—7-8pm Thursdays. Meditation can transform your life and create change. Meet your Guardian Angel or Spirit Guide. Let go of negativity and make room for the positive. Early \$210/Regular \$225. Journey Within; 777 S Wadsworth Blvd Bldg 2 #108, Lakewood. Anita Destino, JourneyWithin@hotmail.com or AnitaDestino.com

FRI MAY 4

Sacred Sound Gong Bath w/Metaforms Source Bridge Sacred Geometry—7-8:15pm Blending of Gregg Wilkins Sacred Sound Gong Bath with Metaforms Source Bridge Sacred Geometry Technology. Experience accessing higher parts of self for deep transformation and enjoyment. \$28. Bring floor mat. Journeys For Conscious Living 7401 West 59th, Arvada. 303-550-4223 or J4CL.com

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

SAT MAY 5

Citrus Rosemary Sugar Scrub Party—3-5pm. Super Soft Skin—finally—after creating this! Get 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

Orchids 101 at Denver Botanic Gardens—1-3 pm. Learn basic orchid biology, where orchids are found in the wild, their history of cultivation and how best to care for orchids in your home. \$44/\$39 member. Register at botanicgardens.org

TUES MAY 8

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, 3375 S Dahlia St, Denver. RSVP 303-263-0679 or joanne@joannepalladino.com

The Women's Way to Health, Wealth, and Happiness Meetup—7-9pm. In person and Live Stream. "Expand Your Time, Energy, and Effectiveness w/ Systems" presented by Tryna Cooper. Journeys For Conscious Living in Public Service Credit Union Lower Level community room. 7502 W 80th, Arvada. Donation. Tryna 303-550-4223 or Kathy 720-938-2536.

FRI MAY 11

\$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



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- * Business & Personal Growth Classes & Events
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Now 2 Locations: Center: 7401 West 59th Avenue, Arvada, CO 80003
Office: 7502 West 80th Avenue, Arvada, CO 80003



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natural awakenings

303-770-1981

SAT MAY 12

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

Lavender-Lemon-Peppermint “Spring Rescue” Inhaler Party—3-5pm. Spring air affecting you? 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

SUN MAY 13

Happy Mother'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 MAY 17

Guided Meditation: Being Present. At Denver Botanic Gardens—6-7pm Focus on the present moment to enhance respite and repose. Explore the powerful benefits of practicing mindfulness with breath and steps amid the serenity of the Gardens. \$18/\$15 member. Register at botanicgardens.org

FRI MAY 18

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

SAT MAY 19

Holistic Healing and Psychic/Intuitive Fair—11am-5pm. Exciting fair w/variety of complimentary healing modalities such as massage, shamanic, reiki, sound healing, healing touch, and more. Readers: angel, tarot, intuitive, astrological and vendors: crystals, jewelry, oils, arts, and more. Pricing varies. Journeys For Conscious Living, 7401 West 59th, Arvada. 303-731-6695. J4CL.com

Introduction to Xeriscape at Denver Botanic Gardens—10am-noon. Learn the seven principles of low-water, low-maintenance xeriscaping. \$29/\$24 member. Register at botanicgardens.org

Citrus Rosemary Sugar Scrub Party—3-5pm. Super Soft Skin—finally—after creating this! Get 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

Foraged Pantry: Field to Table at Plains Conservation Center—10am-4pm. In this hands-on workshop we take a wild edible plant walk, then harvest, prepare and cook with our foraged finds. \$32/\$30 member. Register at botanicgardens.org

save the date

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



TIBETAN HEALING MOVEMENT RETREAT

MAY 27 - JUNE 1 @ SHAMBHALA MOUNTAIN



Learn traditional Buddhist yogic practices to release blockages in the spine, energetic body, and mind. Lu Jong Tibetan Yoga: Re-establish spinal fluidity; Tsa Lung Breathwork: Train breath retention with movement, massaging vital points on the channels; Tog Chöd Wisdom Sword: Cultivate mindfulness while facing the only enemy—your negative emotions. By opening the body, we cultivate physical vibrancy, mental functionality, & the qualities revered on the spiritual path. Farrah Garan teaches in the lineage of Tulku Lobsang. Info: Tibetanhealingmovement.com/thm-retreat-1

YOGA AND MEDITATION BLISS RETREAT WITH SWAMI KASHI AND SATYA

JUNE 1-6, DAO HOUSE, ESTES PARK, COLORADO



Join us to a blissful week of Yoga, Meditation, Vedanta philosophy, and more! A transformational and healing immersion in the serenity and grounding mountains of Colorado specially designed for practitioners of all levels. All-inclusive retreat includes daily meditation and talks, yoga, pranayama; three organic plant-based meals, and lodging! From \$1,399. Get 10% off when you register by 4/25! Contact info@godinc.org or visit Godinc.org/yoga-meditation-bliss-retreat/

KARUNA REIKI® CLASS - JUNE 5, 6 & 7 REIKI I & II CLASS - JUNE 9 & 10 ART/MASTER CLASS - SEPT 28, 29 & 30

Are you ready for an easy, safe and effective way to improve your health, body, mind and spirit? Join a Usui/Holy Fire II Reiki class now with ICRT (International Center for Reiki Training) Licensed Reiki Master Teacher, Teresa Jantz and discover the benefits & proven results that help you become the best version of you! All classes 9am-6:30pm. Karuna Reiki® Price/Registration deadline 5/27. \$575 (normally \$1,025); Reiki I/II \$410; ART/Master Class \$1025. Seats limited for all classes. Learn more and register at TouchpointTherapy.com or 970-903-2547.



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

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. \$200 discount through April. READY TO TAKE CONTROL OF YOUR LIFE? Call Women's Empowerment Workshop today 970-328-5472. WomenEmpower.us.

FOR SALE:

2007 CHEVY IMPALA SUPER SPORT

Pampered and Pristine, One-Owner car in perfect showroom condition and has ALL the options! Garage-kept and painstakingly maintained with All Records. SS PACKAGE: Bose 6-disc, 8-spkr, MP3; Pwr Sunroof; Leather, htd, pwr Seats; 18" Polished Aluminum Wheels, Perfect Silverstone Metallic Paint. Non-smoker, no pets, no smells. Excellent FireHawk Wide Ovals. **\$9,998 OBO.** Contact Doug@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 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

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

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

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.

SAT MAY 19

Pet Energy Healings—12-3pm. Whether your pet is healthy or ill, a pet energy healing has many benefits for both the pet and its owner; strengthen the bond, removes energetic blocks, release pain or discomfort. Bring your pet or photo. \$20/pet. By Appt. Journey Within 777 S Wadsworth Blvd Bldg 2 #108, Lakewood. Anita Destino, 720-413-7303, journeywithin@hotmail.com

SUN MAY 20

The Dream Portal to Your Life—1:30-3:30pm. Learn elements of Waking Predictive Dreams, how you can make the most of them & the impact on your life. Donation. City Hall, 6060 S. Quebec St., Greenwood Village. Paranormal Talks meetup.com/Paranormal-Talks/ or contact constanceCOO@gmail.com or 720-203-6354

Autism Fair—11am-3pm. Visit Jenica Watts from HempWorx or call her @303-304-4843. For more info on the fair, call 866-709-4344. Autism Store, 7800 E. Liff Ave., Suite J, Denver.

WED MAY 23

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. Ninth Ave., Suite 9, Denver. RSVP 303-263-0679 or joanne@joannepalladino.com

THURS MAY 24

All-Natural Skin Care workshop at Denver Botanic Gardens—6-8 pm. It's easy and inexpensive to make your own natural cleansers, toners, exfoliants, masks, creams, serums and moisturizers that are much healthier than commercial products. \$68/\$63 member. Register at botanicgardens.org

Vinaya, Vino and Violins at Denver Botanic Gardens—6:39-8:30 pm. Bring a picnic, wine and your yoga mat to the Gardens. Participate in an hour-long vinyasa class and then stay to enjoy your picnic with live string music. \$18. Register at botanicgardens.org

There is nothing like a dream
to create the future.
~Victor Hugo

FRI MAY 25

Spring 5 Virtues Qigong Self-care Retreat—Enroll by 5/19. Fri: 6-9:30pm; Sat 9am-1pm. Join medical qigong practitioner-qigong teacher Debra Lin Allen in this soulful program of health exercises and practices to integrate "5 Constant Virtues" into daily living for emotional balance, the essential key to healing from illness and injury, nourishing whole health and unending vigor and ultimately empowering joyful, conscious self-expression. No prior exper nec. \$350, workbook/dvd incl. 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 MAY 26

Citrus Rosemary Sugar Scrub Party—3-5pm. Super Soft Skin—finally—after creating this! Get 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

\$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 11:00am MT. Schedule online. Boulderspsychicinstitute.org.

MON MAY 28

Happy Memorial Day

We Are Change Open Mic Night—6-10pm. Share the power of our local grassroots activist community at an evening of food, music, interviews, headlines, poetry and dancing. Visit wearechangecolorado.com for details

THURS MAY 31

The Beauty Way Urban Retreat—Explore a shamanic approach to creative expression, with Soul inquiry and desire to draw us closer to our inner clarity which longs to be seen, heard and expressed. Highlights: Guided meditation; Walk about; Creative expression as a spiritual practice; Soulful collage; Solitude and Connection. No prereqs nec. Boulder. Info BJ Brown 303-808-4006 Wolfheals.com

on going events

daily

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

sundays

North Boulder Spiritual Transformation with Transmission Meditation—7pm. Join us for a group meditation that is a stimulus to our individual development and also a potent form of world service. Free. Lon 303-746-7118

mondays

Longmont Spiritual Transformation with Transmission Meditation—7pm. Join us for a group meditation that is a stimulus to our individual development and also a potent form of world service. Free. Connie 303-834-0526

tuesdays

Wheatridge Spiritual Transformation with Transmission Meditation—7pm. Join us for a group meditation that is a stimulus to our individual development and also a potent form of world service. Free. Tim 303-239-8101

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

\$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

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

looking ahead 2018

JUNE 2 & 3

Basic 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

FRI JUNE 1 OR FRI JUNE 15

Growing Hemp Workshop—11am-5 pm. Intro to hemp workshop. Students focus on the horticultural aspects of this exciting crop. \$55/\$52 member. Register at botanicgardens.org

SAT JUNE 2

Day of Mindfulness at Denver Botanic Gardens—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 member. Register at botanicgardens.org

SUN JULY 1

Journey Theater—10am-6pm. A specially chosen film, with guided meditation, music, tarot, and your inner teacher’s urgings. Unique among self-explorative experience, retains lightness as deep work is being done. \$95 first time/\$85 repeats. Boulder. Info BJ Brown 303-808-4006 or Wolfheals.com

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 \$450 before 5/30; \$500 after. 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

JUNE 17-19

Amma in Santa Fe, NM—Come 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 min early for a token. Free Public Programs: Sat 6/16, (Times TBD) & Tues 6/19, 7pm. Pre-reg req’d. Buffalo Thunder Resort, Santa Fe, NM 87506 www.amma.org www.amritapuri.org

