

calendar of events

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

octoberspecialoffers

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

FREE 30 MINUTE CONVERSATION

Divorce coaching is a collaborative partnership specifically designed to help you evaluate your options as you move through the storm of divorce. Coaching by Kelly with Kelly Chisholm. Info@CoachingbyKelly.com or CoachingbyKelly.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

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

\$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

PranaYoga 3333 Federal Blvd, Denver. RSVP/Info 303-432-8099 or pyamandala@gmail.com

MON OCT 1

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

Become Magnetic to Love—6:30-9pm. Looking for your Soulmate? Stop the endless searching and become irresistibly magnetic to love. Free presentation to transform your love life from the inside out. Sheridan Public Library, 3425 W Oxford Ave, Denver. Jennifer Zundel, 303-352-1970. RSVP Lovemagnet.eventbrite.com

TUES OCT 2

Columbine Communicators Toastmasters Club—7-8:30pm. 1st & 3rd Tuesdays ea month. Toastmasters is a nonprofit, educational organization that operates clubs worldwide for the purpose of promoting communication, public speaking, and leadership skills. JeffCo Sheriff Station, 11139 Bradford Rd, Littleton. Guests welcome. Info Jillian Gibson at jilliancasler@gmail.com or Columbine.toastmastersclubs.org

THUR OCT 4

A Basic Meditation for Beginners Over the Phone—7-9 pm. Feel your health improve and meet your Guardian Angel or Spirit Guide to let go of negativity and make room for the positive. Meditation can transform your life and create change. Early/\$210 Reg/\$225. Journey Within; 777 S.Wadsworth Blvd Bldg 2 #108, Lakewood. Anita Destino 720-413-7303 or AnitaDestino.com

Yoga Teacher Training—4-7pm wkly. Unique program of spiritual foundations with extended length. Convenient schedule, pay-as-you-train plan. Applications due 9/20. \$3950 over 10 months.

FRI OCT 5

Touching Tomorrow: Healing Through Peace Fundraising Luncheon—Noon-1:30pm. LifeSpark Cancer Resources presents their free annual fundraising luncheon; inspiring stories of hope and healing; connection with wellness and medical community; learn how LifeSpark is making a difference for cancer patients and caregivers every day. Wellshire Event Center, 3333 South Colorado Blvd, Denver. Space is limited; RSVP Lifesparkknow.org/calendar

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

Empty Arms-Broken Hearts—thru Sun. Explore the pain of pregnancy loss and use tools of recovery. Learn the power of reframing our stories. \$250 pre-reg req'd. Healing Heart Center of Littleton. RSVP/info Lorane Wilson 970-903-5889 or wilsonlorane2017@gmail.com

TUES OCT 9

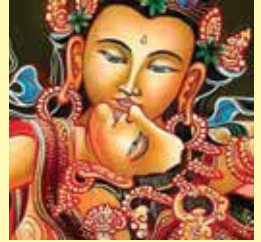
Harvest Time at Cherokee Ranch and Castle—10am-2pm. Experience life as a homesteader. Tour the Johnson dairy farm and have fun with crafts, a hay ride, and hot apple cider. \$40-\$45. Sedalia. Botanicgardens.org.

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

save the date

3 DAYS OF TANTRA: LET'S SPEND THE WEEKEND TOGETHER IN BOULDER OCTOBER 19, 20 & 21

Couples & SINGLES! During this bliss body gathering, expand your capacity for pleasure & discover how to have more love & freedom;



the importance of healthy boundaries in manifesting joy, radiance & awareness in your sexual life. You'll open and clear chakras; heal and transform emotional blocks, learn to activate full-body orgasm and much more. \$297 - \$547 Osho Leela, 1025 Rosewood Ave, Boulder. Facilitated by Judith Anne Condon Founder, Journeys to Tantric Bliss 303-630-9479 or journeystotantricbliss@gmail.com. Journeystotantricbliss.com

LOVE MESSAGES FROM ABOVE: ALL SOULS DAY EDITION WITH LYNN VAN PRAAGH-GRATTON & ELISA MALANGONE THURSDAY NOV 1ST, 6-9 PM

Gifted and heart-centered spiritual mediums Lynn Van Praagh-Gratton and Elisa Malangone deliver powerful and purposeful messages from beyond; an opportunity for magnificent healing, love and compassion. Lynn features her new book "The Hand II" and her Spiritual Tea line. Dinner/appetizers/cocktails available for purchase. Recommended arrive 6pm to ensure all ordering complete before readings begin. Mercury Cafe 2821, 2199 California St, Denver. Tickets ElisaInsight.com or Lynnvanpraagh-gratton.com



TUES OCT 9

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. Tonight: "Managing Your Mind, Practices For Balance and Changing Your Life". Available live stream on Zoom-RSVP req'd. Donation. Info Tryna 303-550-4223 or Kathy 720-938-2536

WED OCT 10

Guided Meditation Walk: The Five Taoist Elements—7-8pm. Enhance your understanding for the gifts each element bestows, which are each associated with an emotion: fear, anger, grief, compassion and happiness. \$15-\$18. Botanicgardens.org

FRI OCT 12

Awakening Healing Energy Retreat—Activate the healing energy within you to clear energetic blockages that keep healing energy stuck while allowing healing to occur. 2055 S Oneida St, #330, Denver. \$575. RSVP JoAnne/Coly 303-263-0679 or joanne@joannepalladino.com

\$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

What to Say When You Don't Know What to Say—6-8pm. What do say when someone tells you that their Mom has died or they have lost their job? Learn the ideal way to support them in this class. Healingheartcenterofflittleton.com

SAT OCT 13

\$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.

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

MON OCT 15

Accelerate Conscious Expansion with Paradiso & Rasamayi—7-9pm. Don't miss this transformative celestial sound-field concert. Visit Forheavensake.com for details and tickets.

TUES OCT 16

Columbine Communicators Toastmasters Club—7-8:30pm. 1st & 3rd Tuesdays ea month. Toastmasters is a nonprofit, educational organization that operates clubs worldwide for the purpose of promoting communication, public speaking, and leadership skills. JeffCo Sheriff Station, 11139 Bradford Rd, Littleton. Guests welcome. Info Jillian Gibson at jilliancasler@gmail.com or Columbine.toastmastersclubs.org

Free Monthly Peruvian Shamanic Journey Circle Aurora—6:30-8:30pm. No exp necessary! Learn to journey in a safe environment. Journeying is an essential skill of shamanism and the gateway to direct insight from spirit. VAST Wellness Ctr, 2323 S Troy St, Ste 3-107, Aurora. Everydayshamanism.com/events

WED OCT 17

Free Monthly Peruvian Shamanic Journey Circle Golden—6:30-8:30pm. No exp necessary! Learn to journey in a safe environment. Journeying is an essential skill of shamanism and the gateway to direct insight from spirit. Jefferson Unitarian Church 14350 W 32nd Ave, Golden. Everydayshamanism.com/events

THUR OCT 18

Creating Your Own Signature Scent—10am-Noon. Blend essential oils to create a roll-on perfume and balance top, heart, and base fragrance notes. Take home two custom perfumes. \$48-\$55. Botanicgardens.org

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, Littleton. RSVP 303-263-0679 or joanne@joannepalladino.com

FRI OCT 19

3 Days of Tantra—thru Sun. Be more present, radiant, and aware in your sexual life and in your relationships. Blissful experience that teaches you how to remove barriers to manifest joy and find healthy boundaries. NA reader discount: Single \$197/couple \$397. RSVP Judith 303-630-9479 or Journeystotantricbliss.com

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. Bring snack and instruments. \$10. Journeys for Conscious Living, 7401 W 59th, Arvada. 303-731-6695 or J4CL.com

Yoga for 12 Steps and Recovery—7-8:30pm. Recovery meeting and yoga practice for those dealing with addictions. ALL inclusive - all "A's" are welcome. Donations. Outlaw Yoga, 2590 W. Main St, Littleton. Info meryl@outlawyogalittleton.com

SAT OCT 20

Food Preservation on the Plains—12:30-2:30pm. Experience life on the plains in the mid-1800s. Explore the uses of solar, fire, sugar, etc. to preserve food. \$35-\$40 at the Plains Conservation Center, Aurora. Botanicgardens.org.

FRI OCT 26

\$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 OCT 27

Seasonal Discoveries Tour—2-3pm. Discover gardens at their seasonal peaks on this guided tour. Expect to

Publish One of the Nation's Leading Healthy Living Magazines

Contact us about acquiring an existing publication **FOR SALE** highlighted in **RED***

Natural Awakenings publishes in over 70 markets across the U.S. and Puerto Rico (listed below).

- **Gulf Coast AL/MS***
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- Daytona/Volusia/Flagler, FL
- Ft. Lauderdale, FL
- Jacksonville/St. Augustine, FL
- Miami & the Florida Keys
- Naples/Ft. Myers, FL
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- Hudson County, NJ
- Monmouth/Ocean, NJ
- North Central NJ
- South NJ
- Santa Fe/Albuquerque, NM
- Las Vegas, NV
- Albany, NY
- Long Island, NY
- Hudson Valley W., NY
- Manhattan, NY
- Westchester/Putnam/Dutchess Co's., NY
- Oklahoma City, OK
- Portland, OR
- Bucks/Montgomery Counties, PA
- Chester/Delaware Counties, PA
- South Central PA
- Lancaster/Berks, PA
- Lehigh Valley, PA
- Northeast, PA
- Philadelphia, PA
- Rhode Island
- Charleston, SC
- Columbia, SC
- **Greenville, SC***
- Austin, TX
- Dallas, TX
- Houston, TX
- **San Antonio, TX***
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- Seattle, WA
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- Milwaukee, WI
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*Existing magazines for sale

Apply now at NaturalAwakeningsMag.com/Franchise or call 239-530-1377



see the awakening of fall and its delightful crackling beauty. \$10-\$14. Botanicgardens.org

Autumn 5 Virtues Qigong Self-care Retreat—thru Sun. Experience a soulful program of qigong health exercises and practices to healing from illness and injury, nourishing whole health and unending vigor and empowering joyful, conscious self-expression. No exp nec. \$350. 720-427-0406, DebraLin.ChiWellness@gmail.com

MON OCT 29

We Are Change Open Mic Night—6-10pm. Uniting

our local grassroots activist community for an evening of food, music, interviews, headliners, poetry and dancing. This is powerful! Wearechange.colorado.com

WED OCT 31 *Happy Halloween!*

Shmaya Gathering w/JoAnne Palladino—7-8:30pm. Experience Shmaya, an illumined, channeled presence that attunes you to the love and light within. \$20. 2055 S Oneida St, #330, Denver. RSVP 303-263-0679 or joanne@joannepalladino.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

Intuitive One-One Support for Empaths—By appt. Channel your unique gift of sensitivity so it will support you in every area of your life for ultimate health, flow and empowerment. 2.5 hr session, plus 30-min follow-up \$350. 3 sessions \$485. In person (Santa Fe, NM) or phone. Chantal Fidanza 505-438-1074, Info@YourDivineLight.biz, YourDivineLight.biz.

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

Free Outlaw 1 Yoga Class—5-6pm. All levels power vinyasa; technically simple, but physically challenging. 2590 W Main St, Littleton. Outlawyogalittleton.com

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

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

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

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, The Center of Qigong, Denver. Debra Lin Allen 720-427-0406, DebraLin.ChiWellness@gmail.com

\$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. 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, The Center of Qigong, Denver. Debra Lin Allen 720-427-0406, DebraLin.ChiWellness@gmail.com

sundays

Learn About Daoism Sunday Sermon—8:30am. Daoism is the traditional religion of China. The core of Taoism is Tao (the Way), which is beyond description. It is said that Tao is the origin of the universe, the basis of all existing things, the law governing their development and change. Earlier sermons archived online. Dao House, 6120 CO-7, Estes Park. DaoUSA.org

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

looking ahead

NOV 6 & 20

Columbine Communicators Toastmasters Club—7-8:30pm. 1st & 3rd Tuesdays ea month. Toastmasters is a nonprofit, educational organization that operates clubs worldwide for the purpose of promoting communication, public speaking, and leadership skills. JeffCo Sheriff Station, 11139 Bradford Rd, Littleton. Guests welcome. Info Jillian Gibson at jilliancasler@gmail.com or Columbine.toastmastersclubs.org

TUES NOV 27

Begin Your Qigong Lifestyle—6-8 pm, 9 wkly classes. Build a practice of proper qigong self-care, inner alchemy and chi nutrition to eliminate stress, reverse aging, and thrive in vibrant health and joy! 1 of 2 prereqs for Professional Medical Qigong Practitioner training. Tuition, incl materials \$495. Chi Wellness, Denver. Debra Lin Allen 720-427-0406, DebraLin.ChiWellness@gmail.com

SAT JAN 5, 2019

Intuitive Guide/Empath Support Training—8-month training via weekly tele-classes, 12-2pm + 2 retreats in Santa Fe, NM with equines. 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. Chantal Fidanza 505-438-1074, Info@yourdivinelight.biz or YourDivineLight.biz

classifieds

BUSINESS OPPORTUNITIES

Looking for a way to bring in extra money but don't want to get "another job"? Need something flexible to fit into your life? What if you could transform your health and your wealth in the next 90 days by partnering with us? What if you could work a handful of hours each week and bring in a nice side income? We are looking for people who want the above and want to make a difference in the world while having FUN! WHAT IF YOU COULD? Please call for more info @ 303.903.8248

HEALTHY PRODUCTS/SERVICES

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

\$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 GOLDEN/ARVADA & HIGHLANDS RANCH/ENGLEWOOD Areas: *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.